

Cholesterol Action Plan

This checklist provides some actions you can take to help manage your cholesterol. Check off each item as you do it. And be sure to always follow your doctor's advice.

Done	Action Item
<input type="checkbox"/>	Work with your doctor to lower your cholesterol
<input type="checkbox"/>	Read food labels. Choose foods low in saturated and trans fats
<input type="checkbox"/>	Eat lean meat that is broiled, baked, or grilled
<input type="checkbox"/>	Eat fruits and vegetables. Choose a variety of seasonal fresh or frozen fruit without added sugars or sauces
<input type="checkbox"/>	Eat foods that have more whole grains. These include whole-grain cereals, or whole-wheat breads, brown rice, or pasta
<input type="checkbox"/>	Use low-fat dairy products
<input type="checkbox"/>	Use olive oil and canola oil instead of lard and butter
<input type="checkbox"/>	Try to get at least 30 minutes of moderate exercise most days of the week ^a
<input type="checkbox"/>	Get to and stay at a healthy weight ^b
<input type="checkbox"/>	Keep a daily diary of what you eat and how much you exercise
<input type="checkbox"/>	If you smoke, stop (ask your doctor for help)
<input type="checkbox"/>	If your doctor tells you to take medicine, take it as prescribed

a Make sure you talk with your doctor if you plan to start an exercise program or to increase your physical activity level. If you have not been active, start slowly.

b Ask your doctor what a good weight for you should be. Talk with your doctor if you plan to start a diet program or change your diet and ask about ways to eat healthy.