



## Take Steps to Lower Your Risk for High Blood Cholesterol

### Eat heart-healthy foods

- skim or 1% milk
- low fat frozen yogurt
- low fat or fat free cheese
- fish
- turkey and chicken without skin
- lean cuts of meat
- cereals, pasta, lentils, and beans
- corn tortillas, breads
- fruits and vegetables

### Go easy on these foods.

- 2% milk
- oils and margarine
- avocados, olives, and coconuts
- nuts

### Cut back on these foods.

- whole milk
- creams and ice creams
- high-fat cheeses
- butter
- fatty cuts of meat and refried pork
- sausages, hot dogs, bologna
- Liver, kidneys, and other organ meats
- egg yolks
- lard, coconut, palm, or palm kernel oil

Source: National Heart, Lung, Blood Institute and Office of Research on Minority Health

