

# Be Good to Your Heart.

## Know Your Cholesterol Numbers and Take Action!

### Do you know your cholesterol and triglyceride numbers?

A lipid profile measures your cholesterol and triglyceride levels and can be tested at the doctor's office. Adults 20 and older should have a lipid profile.

### Here is what your cholesterol numbers mean:

#### Total cholesterol (mg/dL):

Less than 200	Desirable
200–239	Borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease.
240 or higher	High: You are at risk for clogged arteries and a heart attack.

#### LDL (lousy, bad) cholesterol (mg/dL): Keep it low!

Less than 100	Optimal (ideal)
100–129	Near optimal/above ideal
130–159	Borderline high
160–189	High
190 and above	Very high

#### Write Your Numbers Here

Total: \_\_\_\_\_

LDL: \_\_\_\_\_

HDL: \_\_\_\_\_

Triglycerides: \_\_\_\_\_

#### HDL (healthy, good) cholesterol (mg/dL):

The higher the better! Keep it above 40.

Triglycerides (mg/dL) Keep it below 150.

### Make the switch to heart healthy eating today!



#### How I switched my family from whole to fat free milk:

To switch my family from drinking whole milk to fat free milk, I served them whole milk mixed with reduced fat milk for a month. During the next month, I served them reduced fat milk mixed with lowfat milk, then lowfat milk mixed with fat free milk, until they were drinking only fat free milk. Soon they couldn't even taste the difference.



## Try some of these simple changes

### When Shopping

1. Buy lowfat (1 percent) or fat free (skim) milk and lowfat or fat free cheese.
2. Buy nonstick cooking oil spray. Spray it on baking pans and skillets instead of using a lot of fat for greasing pans.
3. Use the food label to help you choose foods lower in saturated fat, trans fat, and cholesterol.

### When Cooking

1. Trim the fat from meat and the skin and fat from chicken and turkey before cooking.
2. Cook ground meat, drain the fat, and rinse with hot tap water. This removes half the fat.
3. Cool soups and remove the layer of fat that rises to the top.

### When Eating

1. Use fat free or lowfat salad dressing, mayonnaise, or sour cream.
2. Use lean meats instead of high fat canned meats.
3. Choose fruits and vegetables instead of high fat foods like chips or fries.



Sally has learned that eating foods high in saturated fat can raise her blood cholesterol level. So she's modified her favorite pie recipe by using soft margarine, fat free milk, and lowfat cream cheese. Now the pie is lower in fat, saturated fat, trans fat, and cholesterol, and it still tastes great.

**Make your personal pledge to do what Sally has done! Look at these examples:**

#### Breakfast

Use lowfat milk in coffee or cereal.



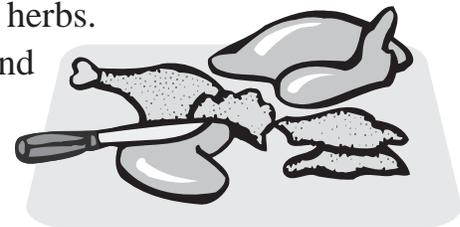
#### Lunch

Use leftover roasted turkey to make a sandwich. Eat it with some raw carrots and a banana for dessert.

#### Dinner

Bake chicken with herbs.

Take the skin off and throw it away before cooking.



#### Snack

Eat an apple instead of fatty chips.

Write the changes you will try to make this week:

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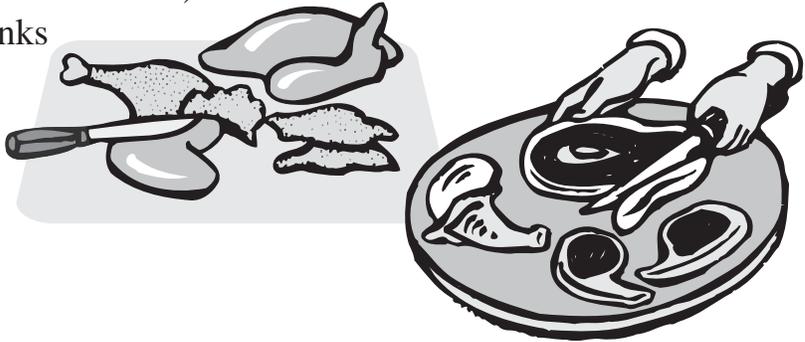
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Your health and your family's health is priceless.  
**Make an investment in it!**

# Cooking With Less Saturated Fat

## Poultry and Meat

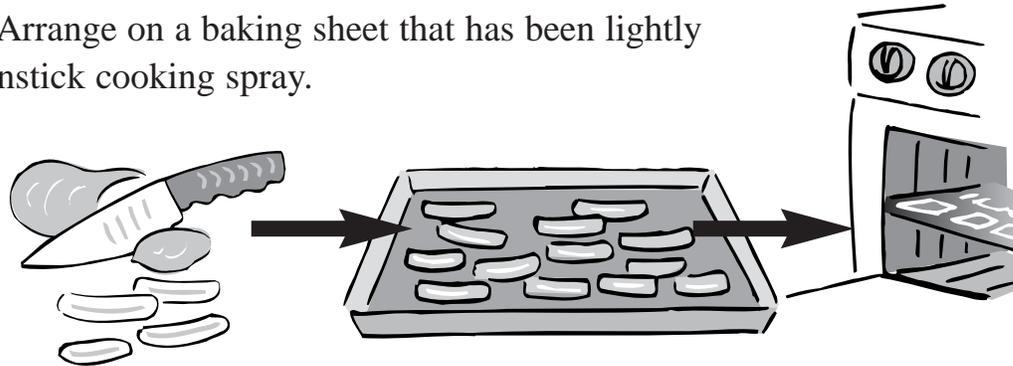
1. Take the skin (skin has a high fat content) off chicken and turkey. Cut chunks of fat off of beef and pork.



2. Cook meat by baking, broiling, boiling, grilling or microwaving.

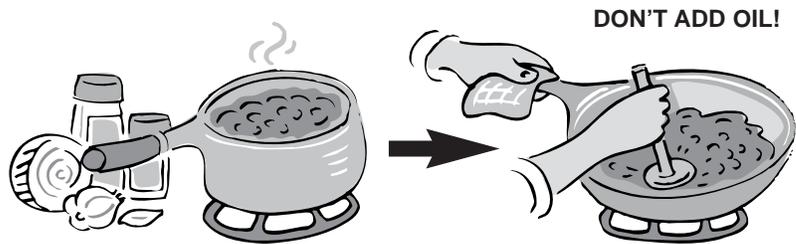
## Oven Fried Potatoes

1. Cut potatoes in the shape of thick french fries.
2. Leave peel on. Arrange on a baking sheet that has been lightly sprayed with nonstick cooking spray.
3. Bake at 350 °F for 1 hour.



## Beans

1. Cook beans in water until tender.
2. Season with onion, garlic, cumin, oregano, and if you wish, 1/2 teaspoon of salt.



3. To thicken beans, mash and reify in skillet with a little water (without adding lard or vegetable shortening).

# Cooking With Less Saturated Fat

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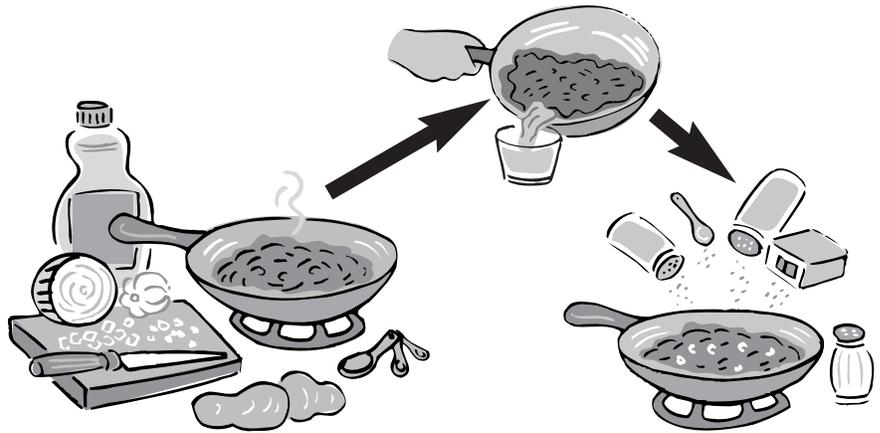
## Ground Meat

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*Drain and rinse ground meat.*

1. Cook ground meat, like hamburger, until it is done.
2. Drain the fat from meat into a container and throw away.
3. Put the drained meat into a colander or strainer in a pot and rinse the meat with hot running water.
4. Use meat as usual.

**\*Tip:** Dice unpeeled potatoes and add to ground beef. Season with small amount of oregano, powdered cumin, and black pepper. Cook until potatoes are tender.



## Soups and Stews

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*Chill soups and stews to harden the fat.*

1. Put the soup or stew in the freezer or refrigerator. The fat layer will form a hard layer.
2. Take the fat layer off with a spoon.
3. Heat the soup or stew and serve as usual.



## Fruit Shake

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1. Cut your favorite fruit into chunks.
2. Place in a blender along with nonfat milk, vanilla, and ice.
3. Blend until it is smooth.

