

You Can Help Your Family Lower Their Cholesterol

When you go to the clinic and get your cholesterol level checked, your health care provider will talk to you about your cholesterol numbers and what they mean.

The reason these numbers are important is because having cholesterol in target ranges means you have less risk for heart disease.

But no matter what the numbers are, you can improve you and your family's overall health, and reduce everyone's risk for heart disease. As a family, start doing these four things:

1. Walk at least 30 minutes, five days a week.
2. Eat foods high in fiber like beans, broccoli, apples, and whole grains like oatmeal.
3. Eat fewer high-fat foods.
4. Stop smoking, or if you don't smoke, don't start.

Call your health care provider today to get your cholesterol level checked. Make the four steps listed above parts of your family's healthy lifestyle.



Basic Bean Soup Recipe

Ingredients:

- 3 tablespoons olive or Canola oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 - 3 cloves garlic, diced
- 2 (14 1/2 ounce) cans black beans, rinsed
- 2 cups chicken or vegetable broth
- salt and pepper
- 1 small red onion, chopped fine
- 1/4 cup cilantro, chopped

Directions:

1. In a large pot, sauté onion in oil until cooked.
2. Add cumin.
3. Cook 30 seconds, then add garlic and cook for another 30 to 60 seconds.
4. Add the black beans and vegetable broth.
5. Bring to a simmer, stirring occasionally.
6. Add salt and pepper to taste.
7. Serve with garnish of red onion and cilantro

You can add carrots, celery and squash to make this an even healthier dish! In step 1, sauté cube-sized vegetables with the onion, then continue with the rest of the steps.



Produced by the IHS
Division of Diabetes
Treatment and Prevention,
www.diabetes.ihs.gov