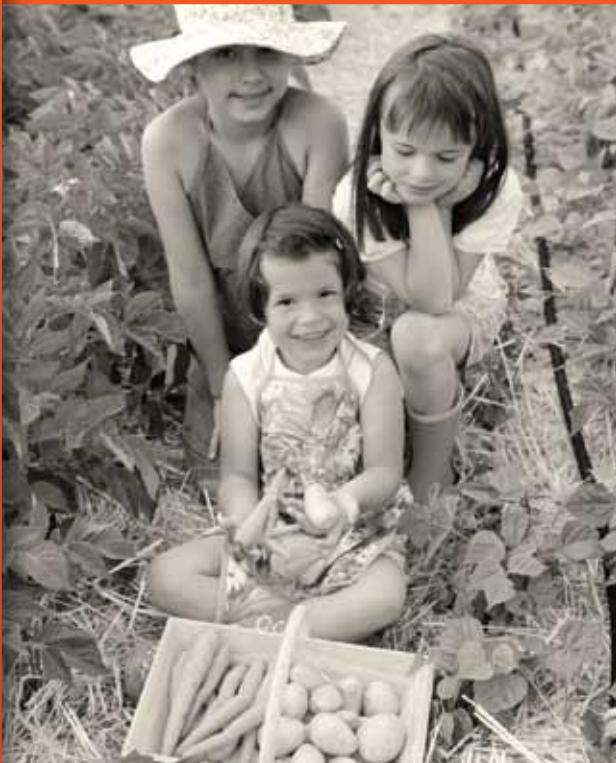


High Cholesterol



Kern Family Health Care

low fat
eat healthy
foods
be active
be active
eat
healthy
low fat
foods

What is High Cholesterol?

Every person has cholesterol. It is made by your body and comes from some of the foods you eat. A lab score of 200 or greater means that you have high cholesterol. Having high cholesterol puts you at risk for heart disease and stroke.

What Causes High Cholesterol?

The causes of high cholesterol vary from person to person.

It can be caused by:

- Age
- Sex
- Family history
- Eating foods high in cholesterol or fat
- Being overweight
- Lack of exercise

How Can I Lower My Cholesterol?

Lifestyle changes are the best way to lower your cholesterol. Plan to make one small change at a time. It is easier to succeed with one small change than too many at once. Medicines may also be needed. Talk with your doctor about the best treatment plan for you.

Be Active

Being active can help lower your cholesterol. Aim to be active for at least 30 minutes most days of the week. You can be active by:

- Walking
- Swimming
- Cleaning the yard
- Dancing

Eat Heart Healthy

Eating heart healthy is a life long change. Limit certain foods, such as meats, egg yolks, butter, whole or 2% milk, cheese, sweets and fried foods. Heart healthy choices are:

- Lean meats, fish, poultry without skin and egg whites
- Fat free or 1% milk and low fat dairy foods
- Fruits, vegetables and whole grains
- Baked, broiled, grilled or steamed foods
- Vegetable oils, such as olive or canola

Tips For Eating Out

- Choose meals that are steamed, baked, grilled, roasted or poached
- Use margarine instead of butter with your bread
- Choose fruit or sherbet as your dessert
- Ask for gravies, dressings or sauces on the side
- Order a kids meal or put half of your food in a to-go box

You can take control of your cholesterol. For help, talk to your doctor or call us at 1-800-391-2000 and ask for the Health Education Department. We are here to help.



kernfamilyhealthcare.com

1-800-391-2000

Para español vea al reverso

9700 Stockdale Highway
Bakersfield, CA 93311-3617