

How to Lower Your Cholesterol

Want to lower your cholesterol? It's easier than you think.

Follow this checklist and stick to these do's and don'ts to help you make healthy choices that improve your cholesterol levels:

Do: Cut back on foods high in saturated fat and trans fat.

These unhealthy fats can be found in: processed and packaged foods, fatty and red meats, full-fat dairy products, baked goods, and fried foods.

Do: Fill up on fiber. You can find this nutrient in fruits, vegetables, beans, lentils, and whole grains.

Do: Move your body more. Try activities like walking, biking, or dancing. Find an activity you enjoy and make it a part of your routine.

Do not: Use tobacco products. Find resources to help you quit at smokefree.gov.

Do not: Forget to take your cholesterol medicines as directed.

Do not: Forget to have your cholesterol tested. Talk with your healthcare provider about how often to check your cholesterol levels.

With this checklist in mind, you will be on your way to lowering your cholesterol.