TIPS FOR SUCCESS

EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

MOVE MORE

Physical activity helps improve cholesterol levels.

KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.

NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.

TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.

Learn more at heart.org/lifes8