

Control your high cholesterol and triglycerides

Learning for Life

Be tested at least every 5 years.

**The University of
Georgia
Cooperative
Extension**

**Contact your local
office at**



- **Know your total cholesterol, HDL and LDL-cholesterol and triglycerides.**
- **Lose 10-20 pounds if overweight.**
- **Do at least 30-60 minutes of physical activity 5 or more days per week.**
- **Eat less saturated and trans fat and cholesterol.**
- **Consume less sugar and refined carbohydrate.**

Total cholesterol— less than 200

LDL— under 100

HDL— over 40 for men and 50 for women

Triglycerides—under 150



Publication # FDNS-E- 89-90

Reviewed by Connie Crawley MS, RD, LD 2013

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Just the facts

- Cholesterol is only in animal foods.
- Alcohol will raise triglycerides.
- Exercise raises HDL-cholesterol .
- Both saturated and trans fats raise cholesterol .
- Eat fiber rich foods like vegetables, fruits and whole grains more often.
- If you are a man, keep your waist under 40 inches.
- If you are a woman, keep your waist under 35 inches.
- Take drugs if needed daily.