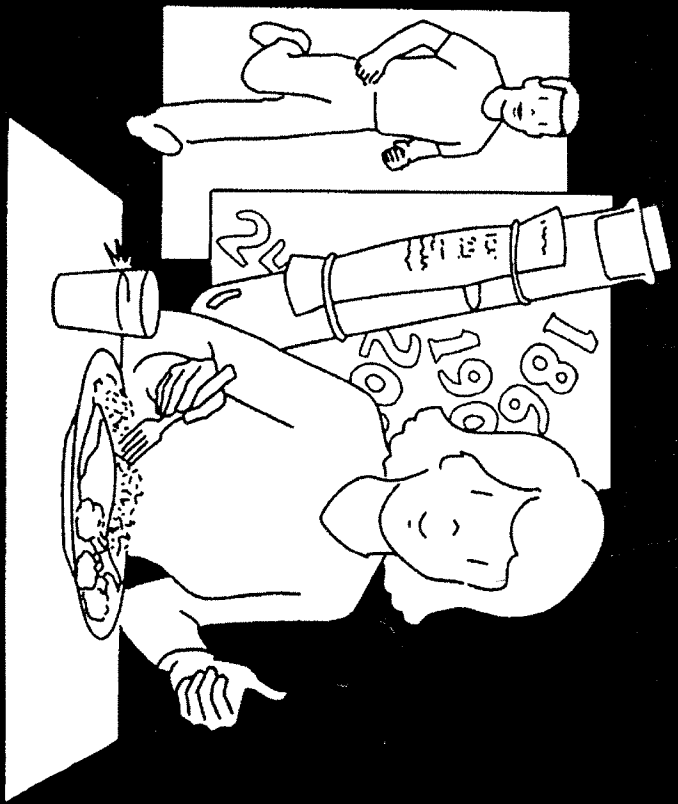


ABOUT CHOLESTEROL



WHAT IS CHOLESTEROL?

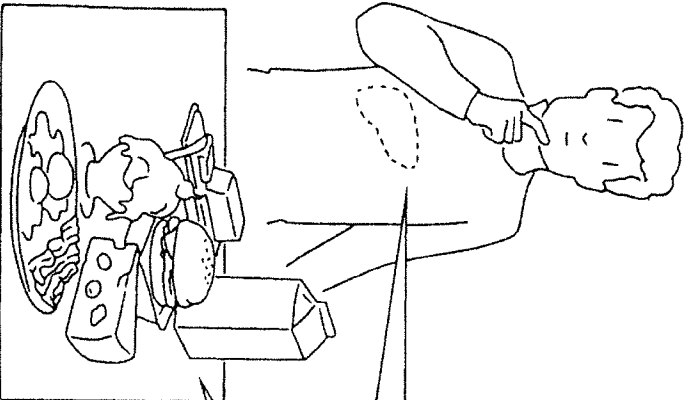
It's a waxy, fatlike substance found in all body cells.

OUR BODIES NEED CHOLESTEROL TO:

- digest food
- make hormones
- build cell walls
- perform other important functions.

WE GET CHOLESTEROL IN 2 WAYS:

- Blood cholesterol is made in the liver.
- Dietary cholesterol comes from the foods we eat. It's only found in foods from animals, such as meats, dairy products, eggs and animal fats.



Your body makes all the cholesterol it needs — you don't need to add any in your diet!

The publisher has taken care in the preparation of this booklet, but the information it contains is not intended as a substitute for the expertise and judgment of qualified health-care professionals. You should consult with your health-care provider about all health-care issues.

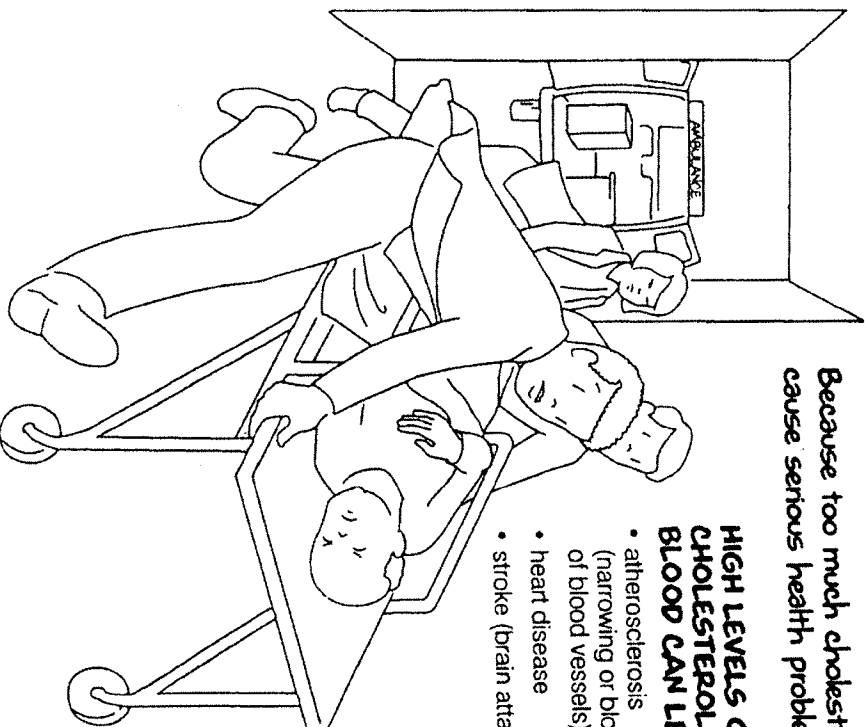
Scriptographic®
Channing L. Bete Co., Inc. 280 State Rd., South Deerfield, MA 01373
©1998 Channing L. Bete Co., Inc. All rights reserved. • Printed in USA
to reader call (800) 628-7733 or write and ask for item number 377216-02-00
Price List A
2000 Edition

WHY SHOULD I KNOW ABOUT IT?

Because too much cholesterol can cause serious health problems.

HIGH LEVELS OF CHOLESTEROL IN THE BLOOD CAN LEAD TO:

- atherosclerosis (narrowing or blocking of blood vessels)
- heart disease
- stroke (brain attack).



But, cholesterol can be controlled!
Learn more....

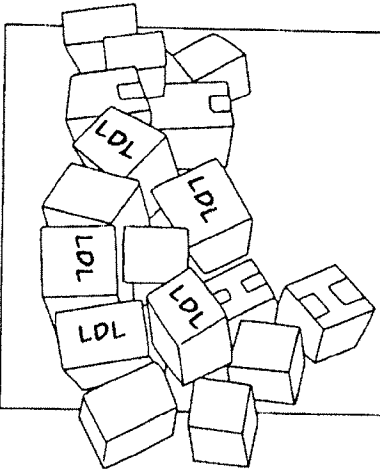
CHOLESTEROL IS CARRIED IN "PACKAGES"

coated with protein. These packages are called "lipoproteins." There are 2 main types:

LOW-DENSITY LIPOPROTEINS (LDLs)

These are:

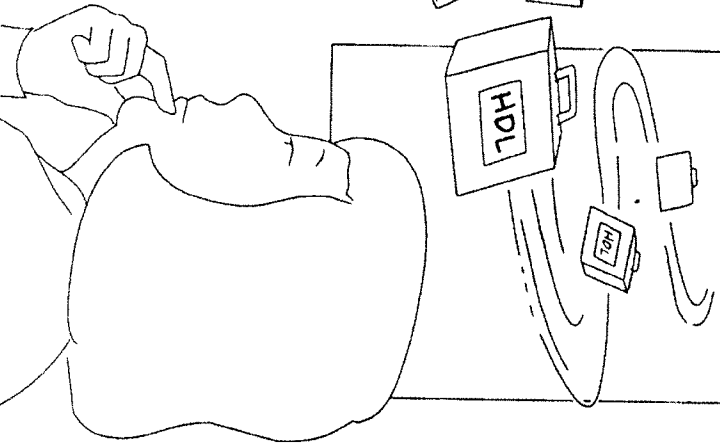
- deposited on artery walls, causing a waxy buildup called plaque
- called "bad" cholesterol."



HIGH-DENSITY LIPOPROTEINS (HDLs)

These are:

- helpful in carrying excess cholesterol out of the body
- called "good" cholesterol."



YOU SHOULD UNDERSTAND TRIGLYCERIDES, TOO

- Triglycerides also travel in lipoprotein packages. Triglycerides: are the most common form of fat in the body
- may contribute to heart disease, if above a certain level in your bloodstream.

MEASURING BLOOD CHOLESTEROL

Ask your health-care provider for a blood test to measure cholesterol.* In general, if your total cholesterol is:

LESS THAN 200,

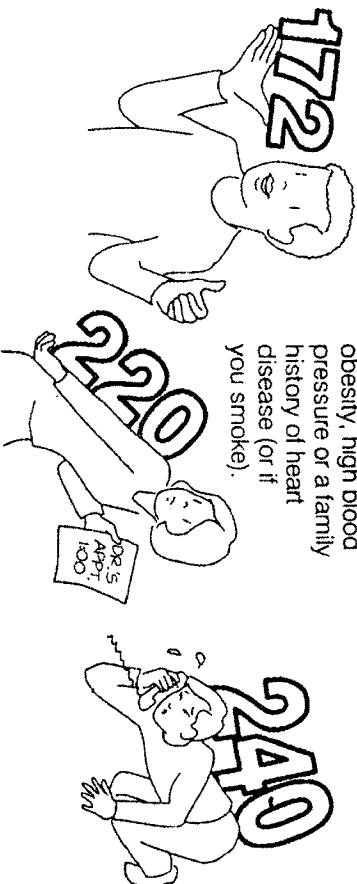
your cholesterol level is OK. Ask your health-care provider when to have it checked again.

BETWEEN 200-239,

you're at moderate risk. Ask your health-care provider for advice, especially if you have other risk factors, such as obesity, high blood pressure or a family history of heart disease (or if you smoke).

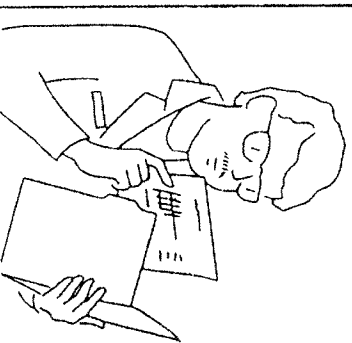
240 AND OVER,

you are at high risk of developing heart disease. Ask your health-care provider what you can do to lower your risk.



YOUR HEALTH-CARE PROVIDER MAY ALSO CONSIDER:

- LDL, HDL and triglyceride levels
 - the ratio of total cholesterol to HDL
 - other risk factors, such as age or any history of heart problems.
- These factors help determine if you need to keep cholesterol levels especially low. You may need to change your diet, increase your level of physical activity and/or take medication.



*People with special health conditions, such as heart disease or diabetes, should talk to their health-care provider about what their test results mean.

HOW CAN I CONTROL MY CHOLESTEROL?

Controlling the types and amounts of fat in your diet is the first step.

HARMFUL FATS INCLUDE:

SATURATED FATS

These fats raise cholesterol levels more than anything else in your diet. Avoid these fats whenever possible.

Saturated fats include:

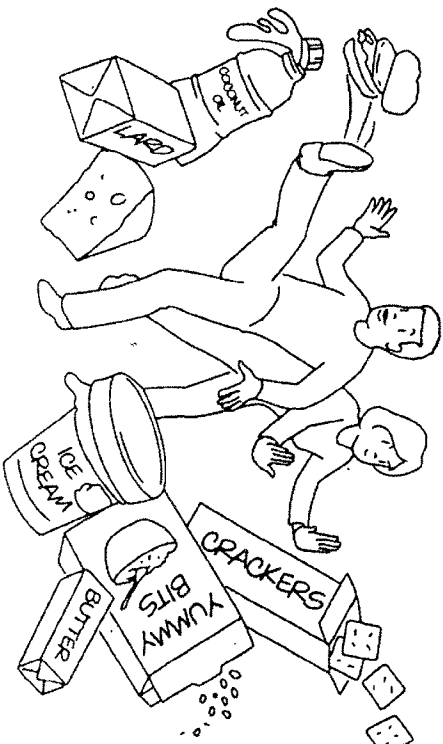
- all fats from meats and poultry
- palm kernel oil
- coconut oil
- fats from dairy products.

HYDROGENATED FATS

"Hydrogenating" turns polyunsaturated fats into saturated fats by making them more solid. Avoid hydrogenated fats.

They are often found in prepared foods, such as:

- baked goods,
- some cereals (check the label)
- nondairy creamers
- ice cream
- some vegetable shortenings.



HELPFUL FATS INCLUDE:

POLYUNSATURATED FATS

These fats may help lower total cholesterol levels. Use them (in small amounts) instead of saturated fats.

Foods high in polyunsaturated fats include:

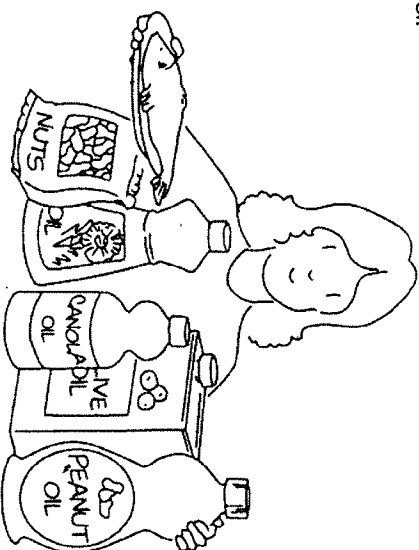
- sunflower, safflower and corn oils
- fatty fish such as tuna, salmon and mackerel.

MONOUNSATURATED FATS

These fats may help reduce LDL and total cholesterol levels. Use them instead of saturated fats.

Monounsaturated fats include:

- peanut oil
- olive oil
- canola oil.



CHOOSE FATS CAREFULLY

In general:

- Use fats that are liquid at room temperature.
- Avoid fats that are solid at room temperature, such as shortening, lard, butter and stick margarine.

Find out more about controlling cholesterol...

MAKE CHANGES IN YOUR DIET

— your heart will love you for it!

RED MEATS

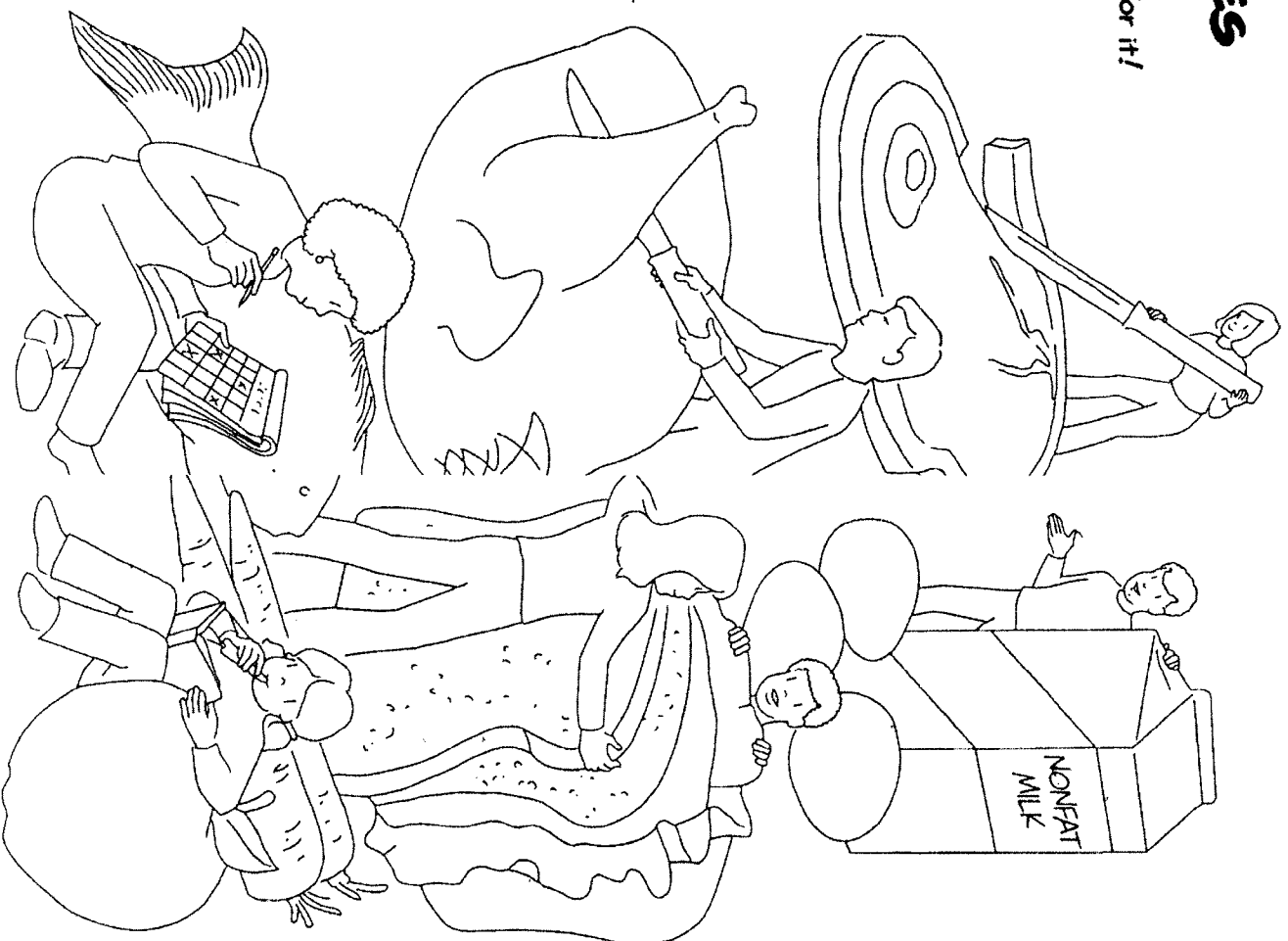
- Eat lean cuts only. Trim off excess fat.
- Eat smaller portions (2-3 oz. cooked) -- about the size of a deck of cards.
- Avoid organ meats (liver, kidneys, etc.). These are very high in cholesterol.
- Avoid processed meats, such as bacon, bologna, hot dogs and salami.

POULTRY

- Remove all skin before eating.
- Avoid processed poultry products, such as bologna and hot dogs made from chicken or turkey.
- Avoid self-basting or ready-stuffed birds.

FISH

Choose fish that is high in omega-3 fatty acids (an oil that may help protect against heart disease), such as salmon, tuna and mackerel.



EGGS/DAIRY

- Have no more than 3-4 egg yolks per week.
- Substitute 2 egg whites for each whole egg in recipes.
- Drink nonfat or low-fat milk rather than whole.
- Choose low-fat and imitation cheeses. Limit natural and process cheeses (such as cheddar or American).

BREADS/CEREALS

- Eat a mix of whole grains for nutrients and fiber.
- Choose whole-grain breads instead of refined or enriched bread.
- Avoid bakery goods, such as doughnuts and pastries.
- Avoid cereals made with saturated fats.

FRUITS AND VEGETABLES

These have little fat and no cholesterol, and they're a great source of fiber. Choose fruits for snacks and desserts.

CHECK NUTRITION LABELS

for fat and cholesterol information. The format of labels may vary somewhat. But, in general, you can check for:



HOW MANY CALORIES IN 1 SERVING COME FROM FAT

HOW MUCH FAT AND CHOLESTEROL A FOOD CONTAINS

-- for example, this food contains 13 grams of total fat, 5 grams of saturated fat and 30 milligrams of cholesterol

THE NUMBER OF CALORIES IN EACH GRAM OF FAT

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	Calories from Fat 120	% Daily Value*
Calories 280		
Total Fat 13g		20%
Saturated Fat 5g		25%
Cholesterol 30mg		10%
Sodium 680mg		28%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A 4%	Vitamin C 2%	
Calcium 15%	Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

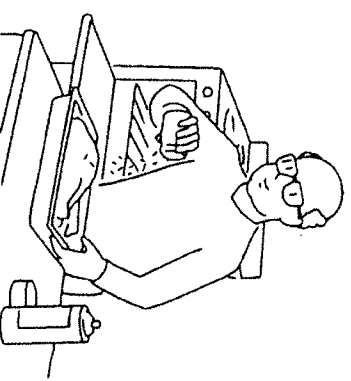
LABEL SOURCE:
*Focus on Food Labeling,"
FDA Consumer, May 1993.

"If you are following the Step II diet, some of these percentages will be different. Ask your health-care provider for more information."

FOOD PREPARATION MATTERS, TOO

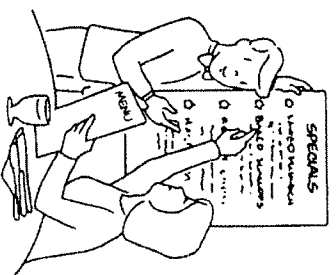
COOK WITH CARE

- Bake, broil or steam food, instead of frying it.
- Cook with vegetable oils. Use a nonstick spray or pan to limit the amount of oil you need.
- Skim fat off the top of stews, soups and sauces.
- Season with herbs or broth, rather than fats.
- Reduce the amount of fat in recipes by a third or a half.
- Select recipes with low overall fat content.
- Try to cook more "from scratch." You'll be better able to control fat content.



THINK "HEALTHY" WHEN EATING OUT

- Eat at restaurants that offer low-fat choices.
- Ask how dishes are prepared.
- Order broiled or baked food.
- Ask for gravy served on the side.
- Have sauces and salad dressings served on the side. Use them sparingly.
- Ask for substitutes, such as nonfat milk instead of milk or cream.
- Order desserts such as angel food cake or fresh fruit.
- Avoid ordering stews, cheese dishes, pizza, fried foods and casseroles.
- Ask that meats be trimmed prior to cooking.

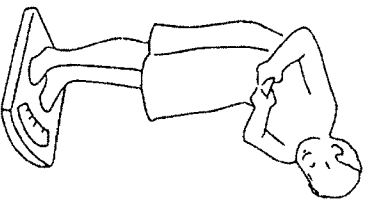


Ask your health-care provider or a registered dietitian for help in learning how to control fats and cholesterol in your diet.

OTHER WAYS TO KEEP CHOLESTEROL IN CHECK

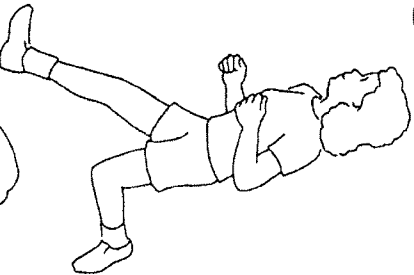
CONTROL YOUR WEIGHT

Being overweight may raise cholesterol levels. Losing weight, or maintaining a healthy weight, helps lower LDLs and raise HDLs.



EXERCISE REGULARLY

Make exercise a part of your healthy lifestyle. Regular exercise may raise HDLs, which can help protect your heart. And, aerobic exercise, such as walking, jogging or swimming, can help you control your weight. Consult your health-care provider before beginning an exercise program.



DON'T SMOKE

Smoking greatly increases your risk of developing atherosclerosis by lowering HDL levels. If you smoke, now's the time to quit! Get help if you need it.

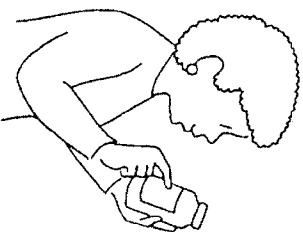


MEDICATION MAY BE NECESSARY

If your health-care provider prescribes medication:

TAKE IT ONLY AS DIRECTED

This will allow the medication to work properly.



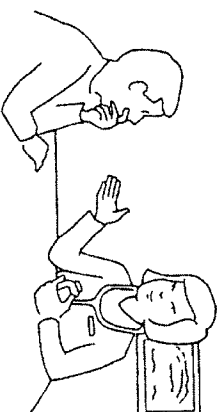
HAVE LAB TESTS AS NEEDED

After starting medication, follow-up lab tests and regular monitoring may be necessary.



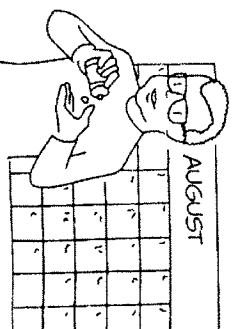
DISCUSS POSSIBLE SIDE EFFECTS

As with all medications, cholesterol-lowering drugs may cause side effects. These may include nausea, constipation and flushing of the skin.



DON'T STOP USING MEDICATION UNLESS ADVISED

Cholesterol-lowering drugs are often prescribed for long periods. You must be committed to lowering your cholesterol level for the drugs to be effective.



Remember — medication is meant to go hand-in-hand with a low-cholesterol, low-fat diet and regular exercise.

SOME QUESTIONS AND ANSWERS

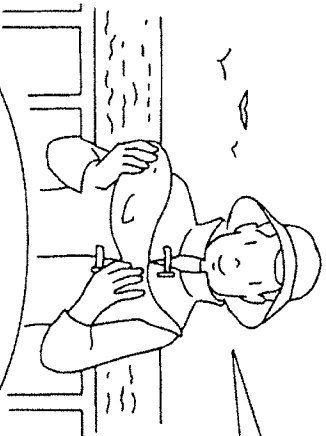
What part does fiber play in a low-cholesterol diet?

Some foods containing fiber, such as oat bran and dried peas and beans, may help control cholesterol levels. (Remember to check the label for fat content in oat products.)



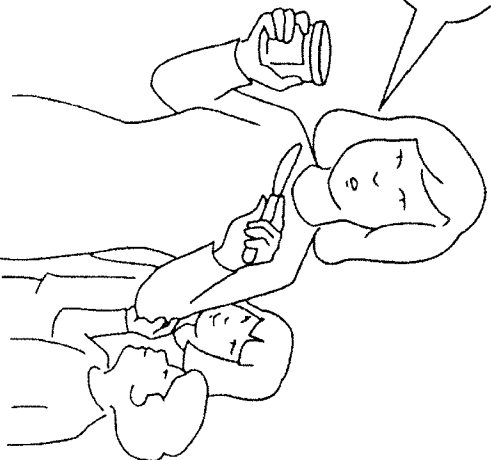
Does fish oil help protect against heart disease?

It may, since most fish oil is a type of polyunsaturated fat. Include fish in your diet regularly (at least twice a week). Do not take fish oil capsules, since they may cause undesirable side effects.



Should I watch what my child eats?

Yes. Preschool children should eat the same healthy variety of foods as adults do. Young children also need the equivalent of 2 cups of milk every day. If you have any questions, consult a pediatrician or dietitian.



So --

TAKE GOOD CARE OF YOUR HEALTH!

✓ **LEARN THE FACTS** about cholesterol.



✓ **LOWER YOUR RISK OF HEART DISEASE** by maintaining proper weight, exercising and not smoking.



Your good health is worth the effort!

✓ **EAT A LOW-FAT, LOW-CHOLESTEROL DIET.**

