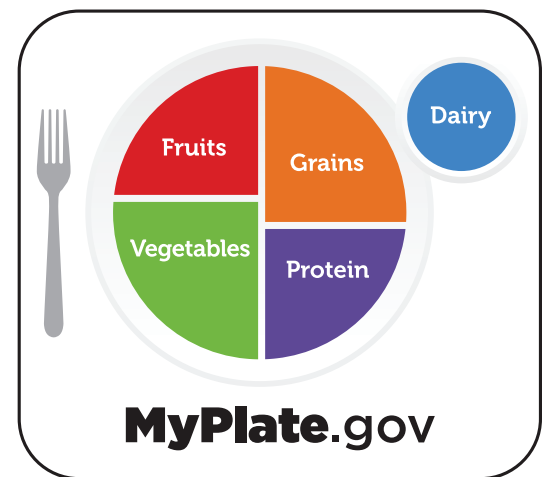


Understanding Cholesterol

Cholesterol is a type of fat in our blood. Our bodies need some cholesterol, but too much can lead to health problems.

Healthy Eating Guidelines

- Choose Healthy Fats:
 - Limit Saturated Fats: Found in red meats, butter, and full-fat dairy products.
 - Avoid Trans Fats: Often found in fried and processed foods like pastries and donuts.
 - Include Unsaturated Fats: Such as olive oil, avocados, and nuts.
- Eat More Fiber:
 - Fiber helps lower cholesterol.
 - Good sources include fruits, vegetables, whole grains, and beans.
- Choose Whole Grains:
 - Replace white bread and pasta with whole-grain versions.
 - Try oatmeal or whole-grain cereals for breakfast.
- Limit Sugary Foods and Drinks:
 - Cut back on candies, cookies, and sugary beverages like soda.
 - Choose water or low-fat milk instead.
- Eat Plenty of Fruits and Vegetables:
 - Aim for a variety of colorful fruits and veggies every day.



Exercise Guidelines

- Be Active Every Day: Encourage at least one hour of moderate-to-vigorous physical activity daily. Activities can include playing outside, riding a bike, or participating in sports.
- Limit Screen Time: Try to keep screen time (like watching TV or playing video games) to less than two hours a day.



Additional Tips

- Family Meals: Eating together as a family can help encourage healthy eating habits.
- Plan Healthy Snacks: Keep healthy snacks like fruits, veggies, and whole-grain crackers available.

For more detailed information and resources, you can visit [MyPlate.gov](https://www.MyPlate.gov) and [Strong4Life.com](https://www.Strong4Life.com)

Remember, making small changes can lead to big health benefits over time.

