

# Your cholesterol

Healthy numbers = healthy heart

Do you know your cholesterol level? Understanding and reducing your cholesterol levels can help decrease your risk of heart disease, heart attack and stroke.

Here's what you should know:

## Good vs. bad cholesterol

**HDL/Good** – Protects against heart disease. Higher HDL numbers are better. Your goal should be 40 or higher.

**LDL/Bad** – Builds up in your arteries. Lower LDL numbers are better. Your goal should be 100 or lower.

## Improving your cholesterol numbers:

- Quit smoking. Call 1-800-QUIT-NOW for help.
- Exercise regularly (30 minutes a day, five days a week) and maintain a healthy weight.
- Eat foods low in cholesterol, saturated fat and trans fats. Aim for less butter and vegetable oil, more olive oil, and more high-fiber foods.

Remember to protect your heart and health by keeping your cholesterol in check.

Learn more on the  
**Health Balance<sup>sm</sup>** pages  
of our Web site

*health*  
balance<sup>sm</sup>

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