

**¡Proteja su corazón—
baje su colesterol!**



**Protect Your Heart—
Lower Your Blood Cholesterol!**



**NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
AND OFFICE OF RESEARCH ON MINORITY HEALTH**



Haga cambios hoy. ¡Está a tiempo!

“**Y**o sabía que tenía que hacer algo para bajar mi nivel de colesterol alto en la sangre. Poco a poco hice algunos cambios al comprar y preparar los alimentos. Cada día trato de mantenerme activa, camino durante mi hora del almuerzo o salto cuerda con mis hijos. Vale la pena hacer cambios. ¡En tres meses uso dos tallas menos en los vestidos! Y poco a poco está bajando mi nivel de colesterol. ¡Me siento bien!”

—*Pilar Crespo*

Siga estos consejos para disminuir su riesgo de tener un nivel alto de colesterol en la sangre.

Coma alimentos saludables para el corazón.

- ▶ leche descremada o con 1% de grasa
- ▶ helado de yogur bajo en grasa
- ▶ quesos bajos en grasa o sin grasa
- ▶ pescado
- ▶ pavo y pollo sin pellejo
- ▶ cortes de carne bajos en grasa
- ▶ cereales, pastas, lentejas y frijoles (habichuelas)
- ▶ tortillas de maíz, panes
- ▶ frutas y vegetales



Make changes today. It's never too late!

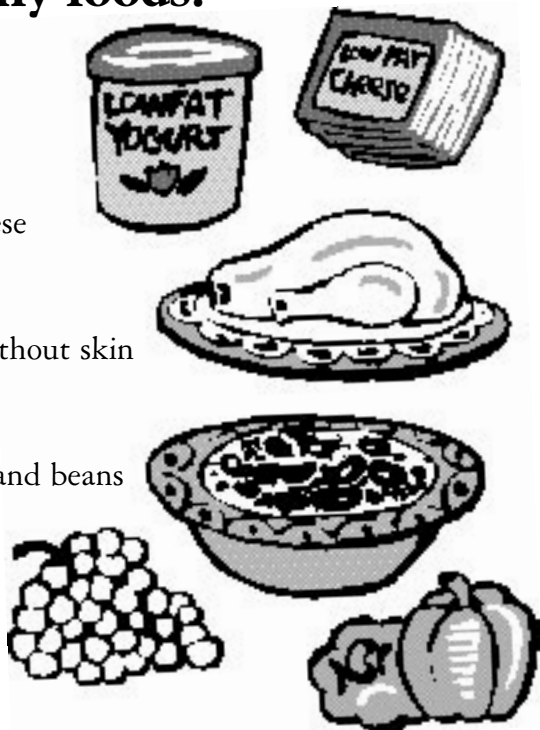
I knew it was time to do something to lower my high blood cholesterol. I made a few changes at a time with the foods I buy and how I prepare them. Each day I try to be active. I walk at my lunch break or jump rope with my kids. Making changes paid off. I lost two dress sizes in 3 months! And my cholesterol is slowly dropping. I feel good.”

—Pilar Crespo

Take steps to lower your risk for high blood cholesterol.

Eat heart-healthy foods.

- ▶ skim or 1% milk
- ▶ low fat frozen yogurt
- ▶ low fat or fat free cheese
- ▶ fish
- ▶ turkey and chicken without skin
- ▶ lean cuts of meat
- ▶ cereals, pasta, lentils, and beans
- ▶ corn tortillas, breads
- ▶ fruits and vegetables



Escoja sólo de vez en cuando estos alimentos.

- ▶ leche con un 2% de grasa
- ▶ aceites y margarina
- ▶ aguacates (paltas), aceitunas y coco
- ▶ nueces

Trate de evitar estos alimentos.

- ▶ leche entera o regular
- ▶ cremas y helados de leche (mantecados)
- ▶ quesos hechos de leche entera
- ▶ mantequilla
- ▶ cortes de carne con alto contenido de grasa y chicharrones
- ▶ chorizos, salchichas y mortadela
- ▶ hígado, riñones y otros órganos animales
- ▶ yemas de huevo
- ▶ manteca, aceite de coco, de palma o de pepita de palma



Go easy on these foods.

- ▶ 2% milk
- ▶ oils and margarine
- ▶ avocados, olives, and coconuts
- ▶ nuts

Cut back on these foods.

- ▶ whole milk
- ▶ creams and ice creams
- ▶ high-fat cheeses
- ▶ butter
- ▶ fatty cuts of meat and refried pork
- ▶ sausages, hot dogs, bologna
- ▶ liver, kidneys, and other organ meats
- ▶ egg yolks
- ▶ lard, coconut, palm, or palm kernel oil



Manténgase activo físicamente todos los días.

¡Escoja actividades que usted y su familia puedan disfrutar!

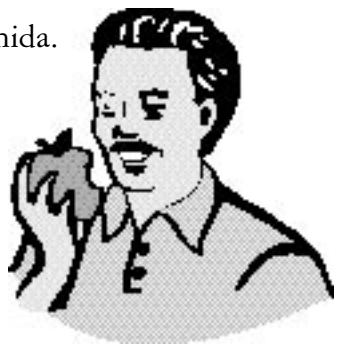
- ▶ caminar
- ▶ hacer ejercicios aeróbicos
- ▶ trabajar en el jardín
- ▶ bailar
- ▶ practicar deportes
- ▶ saltar cuerda con sus hijos



Trate de lograr un peso saludable. Siga estos consejos para bajar de peso si tiene sobrepeso.

Trate de perder peso despacio.

- ▶ Evite las comidas con alto contenido de grasa y calorías.
- ▶ Sírvasse porciones pequeñas de comida.
- ▶ Coma frutas y vegetales como bocadillos.
- ▶ Hornee, ase o hierva sus comidas.
- ▶ Manténgase activo todos los días.



Be physically active every day.

Choose activities that you and your family can enjoy.

- ▶ walk
- ▶ do aerobics
- ▶ garden
- ▶ dance
- ▶ play sports
- ▶ jump rope
with your kids



Aim for a healthy weight. Take steps to lose weight if you are overweight.

Try losing weight slowly.

- ▶ Cut back on foods high in fats and calories.
- ▶ Eat smaller portions.
- ▶ Eat fruits and vegetables for snacks.
- ▶ Bake, broil, or boil your foods.
- ▶ Be active every day.



**¡Tome acción para bajar su colesterol
en la sangre!
*Más vale prevenir que lamentar.***



**Take steps to lower your
blood cholesterol!
An ounce of prevention
is worth a pound of cure.**



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