

# Prevention of Cardiovascular Diseases

Heart Disease &  
Stroke Prevention

Division of Chronic Disease  
Prevention and Control  
www.vdh.virginia.gov



## ***FAST FACTS***

**VDH** VIRGINIA  
DEPARTMENT  
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Protecting You and Your Environment  
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### ***You Can Take Steps To Lower Your Cholesterol***

- Eat less fat. Your daily intake of fat should be less than 30% of your daily calories. Your saturated fat intake should be less than 10 % of your daily calories.
- Eat less cholesterol. Cholesterol is found in foods made from animal products.
- Choose liquid vegetable oils that are high in unsaturated fats (soybean, corn, canola, safflower, olive and sunflower oils) when cooking.
- Read food labels to see how much cholesterol and fat is in each serving (try to use products with no more than 3 grams of fat for each 100 calories.)
- Limit use of organ meats such as livers, brains, chitterlings, kidneys, hearts, gizzards, sweetbreads, and pork maws.
- Eat five or more servings of fruits and vegetables every day.
- Control your body weight. If overweight, losing even a few pounds can help cholesterol levels.
- Be physically active for a total of 30 minutes each day, most days of the week.
- Do not use tobacco products.
- Eat no more than 3-4 egg yolks per week.
- Replace fatty foods such as mayonnaise, salad dressings, butter and margarine with lower fat brands.
- Use low-fat or fat free dairy products like milk and cheese.



## YOU CAN TAKE STEPS TO LOWER YOUR CHOLESTEROL

My total cholesterol on my last visit was \_\_\_\_\_.

My goal total cholesterol is \_\_\_\_\_.

My HDL cholesterol was \_\_\_\_\_.

My goal HDL cholesterol is \_\_\_\_\_.

My LDL cholesterol was \_\_\_\_\_.

My goal LDL is \_\_\_\_\_.

I promise to work on the following changes everyday before my next appointment.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Health Care Provider's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

My next appointment is: \_\_\_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

### Cholesterol Guidelines\*

Category	Total Cholesterol	HDL	LDL	
Normal	Less than 200 mg/dL	40 mg/dL or higher	Optimal	<100 mg/dL
Borderline	200-239 mg/dL	NA	Near/above optimal	100-129 mg/dL
High Risk	240 mg/dL or higher	Below 40 mg/dL	Borderline high	130-159 mg/dL
			High	160-189 mg d/L
			Very High	≥190 mg d/L

\*"Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol In Adults: Executive Summary," The National Heart, Lung, and Blood Institute, May 2001

CHD Risk Factors: Age-Males ≥45 years, Females ≥55 years; Family History of premature Heart Disease; Cigarette smoking; Hypertension; Low HDL Cholesterol. Diabetes is regarded as a CHD *risk equivalent*.