

Step 1 – Lifestyle Changes for Managing Cholesterol

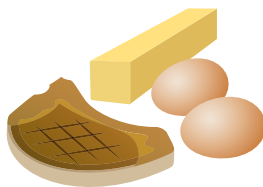
If you have type 2 diabetes you are likely to also have high cholesterol and high blood pressure. Together, these conditions increase your risk for heart disease. To help you manage your cholesterol, here are some general tips. A dietitian or diabetes educator can help you make good decisions about which foods and beverages to eat to better manage your cholesterol.

– 1 – Food Choices



Choose foods that are naturally low in total fat, such as fruits, vegetables, grains, and low fat or skim milk. Aim for just 25-30% of total daily calories from fat. On an 1,800 calorie plan, this equals 50-60 grams total of fat daily.

– 2 – Fat Intake

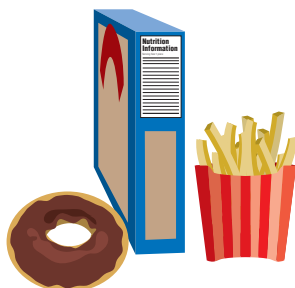
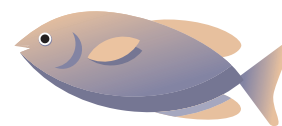


Limit saturated fat. Saturated fat is usually solid at room temperature. Food sources include meats, whole-fat dairy products and eggs. Aim for just 7–10% of total daily calories from saturated fat. On an 1,800 calorie plan, this translates to 14–20 grams of saturated fat per day.



Use monounsaturated fats. You might try olive, canola and avocado oils, and margarines made from canola oil.

Consume omega-3 fatty acids from two or more servings of fish (not commercially fried) per week.

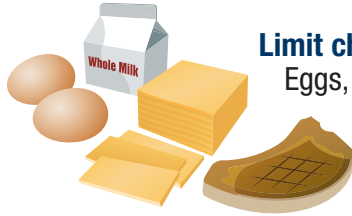


Avoid trans-fats. These are most commonly found in fried foods, fast food meals, packaged foods, and margarines. Food labels must list *trans*-fat content.

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– 3 – Cholesterol Intake



Limit cholesterol intake to less than 200 milligrams daily. Eggs, meats, whole milk and cheese are sources of cholesterol.

– 4 – Plant Stanols & Sterols



Add plant stanols and sterols to your diet. Eat foods and beverages fortified with plant stanols and sterols such as Take Control®, Smart Balance® and Benecol® spreads. Juices and other foods or beverages may also be fortified. Aim for 2 grams daily.

– 5 – Fiber



Eat more soluble fiber to lower cholesterol. Oats, beans and other legumes, fruits and vegetables are good sources of fiber. Aim to consume 14 grams for every 1,000 calories or 25 grams of soluble fiber per day under an 1,800 calorie meal plan.

– 6 – Weight



Keep your weight in a healthy range as recommended by your doctor.

– 7 – Activity



Try to be active at least 30 minutes most days. Consider regular aerobic exercise, such as brisk walking. This may help improve your LDL cholesterol and triglyceride levels.

– 8 – Alcohol



Talk to your doctor about drinking small amounts of alcohol. Small amounts of alcohol may help raise your good cholesterol. However, if you don't drink now, it's best not to start.

Medicare Part B patients: Call 1-877-231-5199 and mention reference code **ED06500** to order your diabetes testing supplies.
Web site: www.RxSolutions.com/diabetes

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