

# Cholesterol Checklist

A checklist for supporting healthy cholesterol through diet, activity, knowing your numbers, and follow-up testing.

## Know Your Numbers

- Have your cholesterol tested as your doctor recommends
  - Record your results with the test date
  - Ask your doctor what your numbers mean for you
  - Track results over time to see trends
  - Note your overall heart-health risk factors
- Ask your doctor about your numbers and your target range

## Heart-Healthy Eating

- Fill more of your plate with vegetables and fruits
- Choose whole grains over refined ones
- Include healthy fats like those from nuts and fish
- Limit fried and highly processed foods
- Cut back on foods high in saturated fat
- Add more fiber-rich foods to your meals

## Activity and Lifestyle

- Aim for regular physical activity as your doctor allows
- Maintain a healthy weight
- Avoid smoking and secondhand smoke
- Limit alcohol
- Manage stress and aim for good sleep

## Follow-Up and Monitoring

- Schedule follow-up tests as recommended
- Keep appointments to review your results
- Discuss blood pressure and blood sugar too
- Take any prescribed medicines exactly as directed
- Update your doctor on lifestyle changes you have made

## Questions for Your Doctor

- Ask what your results mean for your heart health
- Ask which lifestyle changes would help most
- Ask whether medicine is recommended for you
- Ask how often you should be retested
- Ask which warning signs to watch for

## Important

- This checklist is general information only and is not medical advice; ask your doctor about your numbers, your targets, and any treatment, and follow their guidance based on your full risk picture
- Lifestyle habits support but do not replace care from your doctor