

YOUR CHECK POINTS

Checking your progress tells you where you are, how far you've come and where you need to adjust your plan. Knowing the progress you've made can be powerful motivation.

Assess and Track Your Cholesterol, Weight, and Blood Pressure

Date	_/_/___	_/_/___	_/_/___	_/_/___	
LDL Cholesterol Primary target to lower					Optimal: less than 100 mg/dl Near optimal: 100-129 mg/dl Borderline high risk: 130-159 mg/dl High risk: 160-189 mg/dl Very high risk: 190 mg/dl or higher
Total Cholesterol					Optimal: less than 200 mg/dl Borderline high risk: 200-239 mg/dl High risk: 240 mg/dl or higher
HDL Cholesterol					Optimal: 60 mg/dl or greater High risk: less than 40 mg/dl
Blood Pressure Blood pressure is measured as two numbers: systolic over diastolic					Desirable: systolic less than 120 and diastolic less than 80 Prehypertension: systolic 120-139 diastolic 80-89 Hypertension: systolic 140 or higher diastolic 90 or higher
Body Weight					Maintain a weight that is healthy for your height and body frame. A waist measurement greater than 40 inches for men, or greater than 35 inches for women places a person at greater risk for heart disease.

BMI:

Normal weight: 18.5 – 24.9

Over weight: 25 – 29.9

Obese: >30

Assess and Track Your Eating and Activity Patterns

Date	_/_/___	_/_/___	_/_/___	_/_/___				
I eat at least 2 1/2 cups of vegetables and 2 cups of fruit each day.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I eat foods containing soluble fiber each day.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I eat at least 3 ounce equivalents of whole grain foods each day.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I eat at least 2 servings of fish per week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I choose lean cuts of meat and poultry.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I pay attention to my portion sizes.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I get at least 30 minutes of physical activity most days of the week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I include soy products and foods with added plant sterols.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>



PICK YOUR PRIORITY

Choose your own goals to help you achieve a desirable cholesterol level!

Which is the best change for you to make now?

- Eat more whole grains
- Eat more fruits, vegetables, and dry beans
- Eat fewer foods high in saturated and trans fats
- Use monounsaturated and polyunsaturated fats in place of saturated fats
- Eat fewer foods high in cholesterol
- Include foods that help lower cholesterol level such as soluble fiber, plant sterols, and soy



What Eating Behaviors Will Help You Make This Change?

Eat more whole grains

- Eat Cheerios® or other whole grain cereal
- Eat whole wheat in place of white bread
- Snack on low-fat popcorn instead of chips
- _____
- _____

Eat more fruits, vegetables, and dry beans

- Eat fresh fruit with breakfast
- Add vegetables to sandwiches
- Try a new vegetable each week
- Make a main entrée with dry beans
- _____
- _____

Eat fewer foods high in saturated and trans fats

- Eat smaller portions of fatty meat
- Choose foods that are baked, broiled, or stewed instead of fried or deep fried
- Use soft (tub) margarine with no trans fats instead of stick margarine or butter
- Use vegetable oil instead of solid fats
- Limit intake of crackers and cookies containing hydrogenated shortening
- _____
- _____

Use monounsaturated and polyunsaturated fats in place of saturated fats

- Use olive or safflower oil for salad dressing
- Add toasted walnuts to salads
- Select salmon instead of beef
- _____
- _____

Eat fewer foods high in cholesterol

- Use egg substitute or 2 egg whites instead of whole eggs in recipes
- Choose Cheerios® or whole grain breads instead of eggs and bacon for breakfast
- Trim excess fat off meats and poultry
- _____
- _____

Include foods that help reduce cholesterol levels

- Try foods with added plant sterols such as granola bars and orange juice
- Include soy products such as soymilk or tofu
- Choose foods high in soluble fiber such as Cheerios
- _____
- _____