

How's Your Cholesterol?

September is National Cholesterol Education Month and with high blood cholesterol affecting over 65 million Americans, now is a good time to take steps to lower high cholesterol levels. Elevated cholesterol means a level of 200 or higher. More importantly, however, is ensuring that your LDL or bad cholesterol is less than 130 or even better, less than 100.

Good ways to maintain or lower your cholesterol include:

- Avoiding trans fat
- Limiting intake of animal fats like whole milk, full-fat cheeses and fatty cuts of meat
- Replacing butter and shortening with oils like canola, olive, corn, soy, sunflower and safflower

Take time this month to get your blood cholesterol measured, and take steps to lower it, if necessary.