

Managing Cholesterol During the Holidays

Cholesterol Facts

40% of U.S. adults age 20 or older have total cholesterol levels higher than 200 mg/dL.

High cholesterol **raises the risk** for heart disease and stroke.

A recent study found that people's cholesterol levels are **20% higher after the holidays** than in summer.

Healthy Holiday Tips

Be a picky eater and load up your plate with more veggies than high sodium hams or turkeys.

Skip the cheese when you have high cholesterol – it's a top source of heart-unhealthy saturated fat.

Watch the calories and fats in beverages such as eggnog and sugary drinks.

Stay with your exercise regimen – it can help raise your good (HDL) cholesterol.

Get Your Cholesterol Checked

Men and women age 20 and older should get their cholesterol tested every five years.

Get tested more frequently if you have a family history of high cholesterol or heart attacks, have diabetes, or are overweight.



SOURCES: Centers for Disease Control, Everyday Health, Medical Xpress, WebMD