

# Get Your Heart In Shape



## Easy Steps To Lower Cholesterol

(NAPSA)—You can take steps to combat what is the greatest health risk most Americans face: heart disease.

A major contributor to heart disease is high cholesterol. The good news is that in most cases cholesterol can be controlled through diet and physical activity.

Making lifestyle changes seems to be the biggest barrier for Americans who are trying to lower cholesterol levels. “Adding heart-healthy foods, as suggested by the American Heart Association, can have positive effects on your heart health over time, and it’s easier than people think,” says Liz Nordlie, Honey Nut Cheerios brand manager.

“You don’t have to suddenly change everything about the way you eat. In fact, many great-tasting foods that can help lower your cholesterol are already in most people’s cupboards, such as Honey Nut Cheerios cereal, which has been given the American Heart Association ‘Heart Check’ because it’s a heart-healthy food.”

### Heart Smart Tips

- Start with breakfast. Honey Nut Cheerios now includes more soluble fiber per 1-cup serving (0.75 grams), which may help lower cholesterol as part of a low-fat diet.
- For lunch, use rye bread for added flavor and heart-smart soluble fiber.
- Dress up your salad with kidney or garbanzo beans instead of salad oil.
- For a quick snack, keep apples, baby carrots, pears and oranges on hand.

- Substitute soy nuts for other salty snacks.
- Choose skim and other low-fat dairy products, or low-fat soymilk.
- Find ways to incorporate additional exercise in your normal routine: take the stairs rather than the escalator or elevator; choose a parking spot farther from the door of the parking garage or shopping center.
- Take a brisk walk during your lunch break or a quick walk around the block before dinner.

For more information on how to take the first step to lower cholesterol or to download tasty heart-smart recipes, visit [www.cheerios.com](http://www.cheerios.com).

The American Heart Association recommends four dietary guidelines to help in the fight against heart disease.

1. Achieve an overall healthy eating pattern. Add fruits, vegetables, grains, low-fat dairy products, fish, lean meats and legumes to your regular diet.
2. Achieve a healthy body weight. A healthy eating plan and exercise can help you achieve your healthy body weight.
3. Target a desirable blood cholesterol level. A total cholesterol level below 200 mg/dL is desirable.
4. Achieve a desirable blood pressure. Have your physician or health professional monitor your blood pressure.

