The foods you eat can impact your cholesterol numbers. Here are 3 ways to improve your cholesterol:

- Increase fiber intake
- Increase healthy fats
- Decrease unhealthy fats

People with diabetes tend to have lower “good” cholesterol levels (HDL) and higher “bad” cholesterol levels (LDL), which increases their risk for heart disease and stroke. What you eat can affect your cholesterol.

Fiber:
- Fruits
- Nonstarchy Vegetables
- Whole Grains

Healthy fats:
- Fish
- Nuts
- Avocados
- Canola Oil

Unhealthy fats:
- Butter
- Shortening
- Coconut Oil
- Palm Oil

And there’s more you can do!

- Stay active
- Get to, or stay at a healthy weight
- Take medications as prescribed
- Stop smoking
- Cut back on alcohol

Talk to your doctor about your next steps. You’re not in this alone. Find answers to your questions and join the initiative:

KnowDiabetesbyHeart.org/join