

Living Well Tip of the Week



Eating too much saturated fat & cholesterol is the main reason for high levels of cholesterol & high rate of heart attacks in the US.

(National Heart, Lung, & Blood Institute)

Shopping List for Low Fat & Low Cholesterol Foods

- ✓ Lean cuts of red meat
- ✓ Chicken & turkey: *roasted or baked with skin removed*
- ✓ Fruits & vegetables: *fresh or frozen*
- ✓ Whole grains, beans, pasta, breads, potatoes, hot or cold cereals
- ✓ Fish, shrimp and shellfish: *baked or broiled*
- ✓ Skim milk, low fat/non fat yogurt & cheese
- ✓ Vegetables oils: *olive, corn, canola*

Take a Cholesterol Assessment today and learn more about tools and resources available to You and Your Dependents* at

<https://www.webmdhealth.com/ut/default.aspx?startid=13>

*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.