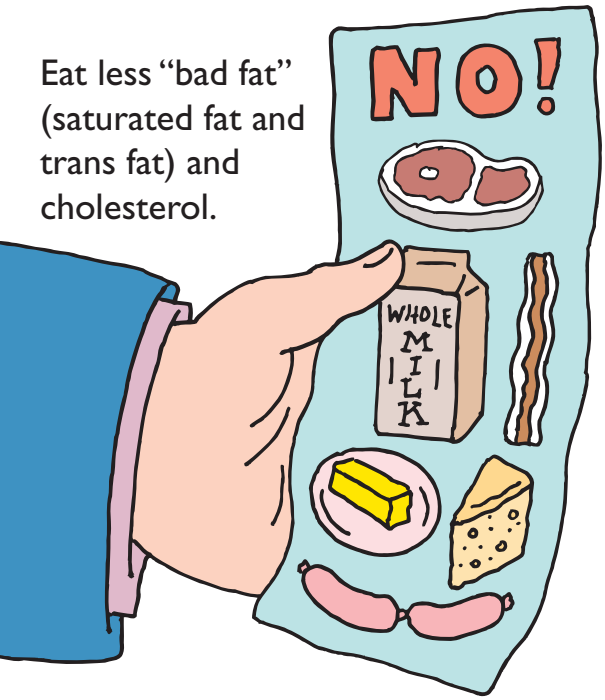
TIPS TO CONTROL CHOLESTEROL AND DIABETES

Eat less "bad fat" (saturated fat and trans fat) and cholesterol.



Read food labels. Buy low-fat, high-fiber foods when you shop.

Eating foods high in saturated fats, trans fat (the "bad" fats) and cholesterol can cause serious health problems, including a heart attack or stroke. If you have diabetes, your chance of having health problems is even higher.

Be smart! To help you stay healthy, eat fewer bad fats and more good (unsaturated) fats, such as

- nuts
- vegetable oils (olive and canola oil)
- fish
- avocado

Call your doctor today for a simple test to check your fat and cholesterol levels.

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303.650.4460 www.clinica.org

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