

National Cholesterol Education Month

source:
heart.org/fats

THE GOOD

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE: Plan-based liquid oils, nuts and fatty fish

EXAMPLES: Oils such canola, olive, peanut, safflower and sesame

THE BAD

Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE: Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES: Beef, pork & chicken fat, butter, cheese and tropical oils

THE UGLY

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

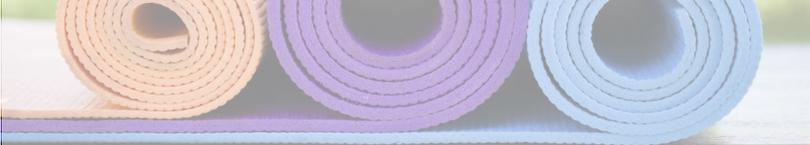
SOURCE: Processed foods made with partially hydrogenated oils

EXAMPLES: Partially hydrogenated oils, some baked goods, fried foods and stick of margarine

Stressed? Try Yoga

Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system.

Source: yogahealthfoundation.org



TAKE THEM OUT!

Sleeping in contacts increases the risk of eye infection up to **8 times**.



www.cdc.gov/contactlenses

Almonds



Did you know that compared to other nuts, almonds are the highest in calcium per ounce. Almonds are an excellent source of magnesium and a good source of phosphorus, and these minerals work with calcium to promote bone strength and prevent osteoporosis.

Source: fitnessmagazine

1. **DON'T SLEEP IN YOUR CONTACT LENSES** unless prescribed to do so by your eye doctor.
2. **REPLACE YOUR CONTACT LENSES** as often as prescribed by your eye doctor
3. **DON'T "TOP OFF" SOLUTION.** Use only fresh contact lens solution in your case—never mix fresh solution with old or used solution.

Learn more about contact lenses safety at www.cdc.gov/contactlenses