Managing Your Cholesterol

Managing Your Cholesterol

CVS Caremark® is an independent company that provides pharmacy benefit management services for the Blue Cross and Blue Shield Service Benefit Plan. This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about this information and any health-related questions you have. CVS Caremark assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result of this information.

©2019 CVS Caremark. All rights reserved. 106-23695C 062019

Medications

Sometimes, in addition to lifestyle changes, medication for cholesterol is recommended if you have very high cholesterol and a history of heart attack, stroke, diabetes or other risk factors. Ask your doctor if further treatment to lower your cholesterol is right for you.

• Take your medication(s) – If your doctor has prescribed medication to lower your cholesterol, it is important that you take it as it will help reduce the risk of a heart attack and stroke.

• Statins are a cholesterol lowering medicine that may be prescribed to help prevent heart attacks, stroke and death from heart disease. Some people may benefit from statins regardless of cholesterol readings due to certain health risk factors.

• Cholesterol screening is generally recommended for adults over age 40. Ask your doctor if a lipid panel is recommended to determine if statin therapy is a good option for you. Your doctor may also check your coronary artery calcium (CAC) to help decide if you would benefit from taking a statin.

Many people do well on a statin. Some people may not be able to take a statin medicine due to side effects. Statin side effects are rare and can often be managed by talking to your doctor about your options first. Do not stop taking your medicines on your own.

Nutritional Values

Start here to compare foods and drinks: Every item has a different serving size. The numbers below reflect one serving size.

Nutritional Values

Nutrition Facts

Serving Size 1 tbsp (14g)
Serving Per Container 80

Amount Per Serving
Calories 50 Calories from Fat 50
Total Fat 7g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 55mg 2%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugar 0g
Protein 0g

Vitamins
A 10%
E 8%
C 0%

% Daily Value

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Quit Tobacco Products

Quitting smoking increases your good cholesterol among other health benefits. Ask your doctor or pharmacist if you need help quitting smoking.

You can also visit www.smokefree.gov or call 1-800-QUIT-NOW. The Blue Cross and Blue Shield Service Benefit Plan has a free tobacco cessation program. Visit www.fepblue.org for more information.

Nutritional Facts

Serving Size 1 tbsp (14g)
Serving Per Container 80
Amount Per Serving
Calories 50 Calories from Fat 50
Total Fat 7g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 55mg 2%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugar 0g
Protein 0g

Vitamins
A 10%
E 8%
C 0%

% Daily Value

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Serve size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Serving size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Each item has a different serving size. The numbers below reflect one serving size.

Quit Tobacco Products

Quitting smoking increases your good cholesterol among other health benefits. Ask your doctor or pharmacist if you need help quitting smoking.

You can also visit www.smokefree.gov or call 1-800-QUIT-NOW. The Blue Cross and Blue Shield Service Benefit Plan has a free tobacco cessation program. Visit www.fepblue.org for more information.

Nutritional Values

Start here to compare foods and drinks: Every item has a different serving size. The numbers below reflect one serving size.

Nutrition Facts

Serving Size 1 tbsp (14g)
Serving Per Container 80

Amount Per Serving
Calories 50 Calories from Fat 50
Total Fat 7g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 55mg 2%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugar 0g
Protein 0g

Vitamins
A 10%
E 8%
C 0%

% Daily Value

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Serve size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Serving size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Each item has a different serving size. The numbers below reflect one serving size.

Quit Tobacco Products

Quitting smoking increases your good cholesterol among other health benefits. Ask your doctor or pharmacist if you need help quitting smoking.

You can also visit www.smokefree.gov or call 1-800-QUIT-NOW. The Blue Cross and Blue Shield Service Benefit Plan has a free tobacco cessation program. Visit www.fepblue.org for more information.

Nutritional Values

Start here to compare foods and drinks: Every item has a different serving size. The numbers below reflect one serving size.

Nutrition Facts

Serving Size 1 tbsp (14g)
Serving Per Container 80

Amount Per Serving
Calories 50 Calories from Fat 50
Total Fat 7g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 55mg 2%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugar 0g
Protein 0g

Vitamins
A 10%
E 8%
C 0%

% Daily Value

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Serve size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Serving size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Each item has a different serving size. The numbers below reflect one serving size.

Quit Tobacco Products

Quitting smoking increases your good cholesterol among other health benefits. Ask your doctor or pharmacist if you need help quitting smoking.

You can also visit www.smokefree.gov or call 1-800-QUIT-NOW. The Blue Cross and Blue Shield Service Benefit Plan has a free tobacco cessation program. Visit www.fepblue.org for more information.

Nutritional Values

Start here to compare foods and drinks: Every item has a different serving size. The numbers below reflect one serving size.

Nutrition Facts

Serving Size 1 tbsp (14g)
Serving Per Container 80

Amount Per Serving
Calories 50 Calories from Fat 50
Total Fat 7g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 55mg 2%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugar 0g
Protein 0g

Vitamins
A 10%
E 8%
C 0%

% Daily Value

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Serve size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Serving size
Check Calories per serving
Percent of Daily Values
Look here for Trans Fat

Each item has a different serving size. The numbers below reflect one serving size.

Quit Tobacco Products

Quitting smoking increases your good cholesterol among other health benefits. Ask your doctor or pharmacist if you need help quitting smoking.

You can also visit www.smokefree.gov or call 1-800-QUIT-NOW. The Blue Cross and Blue Shield Service Benefit Plan has a free tobacco cessation program. Visit www.fepblue.org for more information.
Cholesterol is a natural substance made by your liver. Your body needs cholesterol to make hormones and work properly. Cholesterol is found naturally in your blood and your cells, as well as in many of the foods you eat. However, a high cholesterol level can increase your risk for heart disease and lead to serious problems such as heart attacks and stroke.

Some definitions you should know:

- **LDL cholesterol** means “low-density lipoprotein.” LDL transports the cholesterol from the liver to the tissues of the body, which is why it is called “bad” cholesterol.

- **HDL cholesterol** means “high-density lipoprotein.” HDL transports cholesterol from the tissues of the body to the liver where it is removed from your body, which is why it is considered “good” cholesterol.

- **Triglycerides** are the major form of fat stored by the body. They serve as the core structure of many types of lipids (fats). Triglycerides also enter the body from the food you eat.

- **Total cholesterol** refers to all the types of cholesterol combined.

### Controlling Cholesterol

#### What is a good plan to help control cholesterol?

Lifestyle changes are an important part of controlling cholesterol. Making changes in your diet, exercise and weight will help put you on the path to better heart and overall health.

#### Diet

Food choices have a major impact on your cholesterol levels. Having a “heart healthy” eating plan one that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Below are some ways to help improve your diet:

- **Cut back on trans fats**
  - Trans fats are found in processed foods like snacks (crackers and chips) and baked goods (muffins, cookies and cakes) with hydrogenated oil or partially hydrogenated oil

- **Reduce saturated fats**
  - For a woman eating 1,800 calories a day, limit saturated fat to around 10 to 12 grams per day
  - For a man eating 2,500 calories per day, limit saturated fat to around 14 to 17 grams per day
  - Limit saturated fat to 5 to 6 percent of your daily calories

#### Soluble Fiber

- Bean and legumes like lentils and chickpeas
- Grains like oatmeal, oat bran and barley
- Some juices and fruits like oranges, pears, prunes and apples
- Vegetables like Brussels sprouts, carrots, beets, broccoli and sweet potatoes

#### Insoluble Fiber

- Whole grain foods
- Wheat and corn bran
- Nuts and seeds like walnuts, almonds, pistachios and sunflower seeds
- Vegetables like cabbage, kale, watercress, Brussels sprouts, peas, celery, eggplant, turnips and cauliflower

#### Foods containing saturated fats include:

- Lard
- Fatback and salt pork
- High-fat meats: regular ground beef, bologna, hot dogs, sausage, bacon and spareribs
- High-fat dairy products: full-fat cheese, cream, ice cream, whole milk, 2 percent milk and sour cream
- Butter
- Cream sauces
- Gravy made with meat drippings
- Chocolate
- Coconut and coconut oil
- Poultry (chicken and turkey skin)
- Palm oil and palm kernel oil

#### Foods containing trans fats include:

- Butter

#### Foods containing saturated fats and cholesterol:

- High-fat meats
- Full-fat dairy products
- Eggs

#### Foods containing saturated fats and cholesterol:

- Full-fat dairy products
- Grilled or fried meats
- Brown and white rice

#### Foods containing cholesterol:

- Eggs
- Red meats
- Pork

#### Foods containing cholesterol:

- Eggs
- Red meats
- Pork

### Important Definitions

#### Cholesterol

- Contains: triglycerides, cholesterol and phospholipids

#### Triglycerides

- Are the major form of fat stored by the body. They serve as the core structure of many types of lipids (fats). Triglycerides also enter the body from the food you eat.

#### Total cholesterol

- Refers to all the types of cholesterol combined.

### Choose foods with sterols and stanols

- These help lower bad cholesterol (LDL) by working to block absorption of cholesterol from the stomach and intestines.

### Weight Management

If you are overweight, losing weight can help lower your bad cholesterol (LDL) and triglycerides, while increasing your good cholesterol (HDL). Be sure to read the nutrition label on foods, as it provides the calories, portion size and nutritional value per serving. The nutrition label also helps you compare foods and keep track of your daily intake of food.

### Exercise

Exercise can help improve your cholesterol readings. Try to exercise for 40 minutes at a time, three or four times a week. Brisk walking, gardening, jogging and swimming are some examples. Be sure to talk to your doctor before starting a new exercise program.

### Limit Alcohol

Drinking too much alcohol can increase your risk of heart disease. If you do drink alcohol, do so in moderation. Men should have no more than two drinks per day and women should have no more than one per day. One drink is 12 ounces of beer, 5 ounces of wine or 1 ounce of 80-proof liquor.

## Controlling Cholesterol

---

**What is a good plan to help control cholesterol?**

Lifestyle changes are an important part of controlling cholesterol. Making changes in your diet, exercise and weight will help put you on the path to better heart and overall health.

**Diet**

Food choices have a major impact on your cholesterol levels. Having a “heart healthy” eating plan one that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Below are some ways to help improve your diet:

- **Cut back on trans fats**
  - Trans fats are found in processed foods like snacks (crackers and chips) and baked goods (muffins, cookies and cakes) with hydrogenated oil or partially hydrogenated oil

- **Reduce saturated fats**
  - For a woman eating 1,800 calories a day, limit saturated fat to around 10 to 12 grams per day
  - For a man eating 2,500 calories per day, limit saturated fat to around 14 to 17 grams per day
  - Limit saturated fat to 5 to 6 percent of your daily calories

### Soluble Fiber

- Bean and legumes like lentils and chickpeas
- Grains like oatmeal, oat bran and barley
- Some juices and fruits like oranges, pears, prunes and apples
- Vegetables like Brussels sprouts, carrots, beets, broccoli and sweet potatoes

### Insoluble Fiber

- Whole grain foods
- Wheat and corn bran
- Nuts and seeds like walnuts, almonds, pistachios and sunflower seeds
- Vegetables like cabbage, kale, watercress, Brussels sprouts, peas, celery, eggplant, turnips and cauliflower

### Foods containing saturated fats include:

- Lard
- Fatback and salt pork
- High-fat meats: regular ground beef, bologna, hot dogs, sausage, bacon and spareribs
- High-fat dairy products: full-fat cheese, cream, ice cream, whole milk, 2 percent milk and sour cream
- Butter
- Cream sauces
- Gravy made with meat drippings
- Chocolate
- Coconut and coconut oil
- Poultry (chicken and turkey skin)
- Palm oil and palm kernel oil

### Foods containing trans fats include:

- Butter

### Foods containing saturated fats and cholesterol:

- High-fat meats
- Full-fat dairy products
- Eggs

### Foods containing saturated fats and cholesterol:

- Full-fat dairy products
- Grilled or fried meats
- Brown and white rice

### Foods containing cholesterol:

- Eggs
- Red meats
- Pork

### Choose foods with sterols and stanols

- These help lower bad cholesterol (LDL) by working to block absorption of cholesterol from the stomach and intestines.

### Weight Management

If you are overweight, losing weight can help lower your bad cholesterol (LDL) and triglycerides, while increasing your good cholesterol (HDL). Be sure to read the nutrition label on foods, as it provides the calories, portion size and nutritional value per serving. The nutrition label also helps you compare foods and keep track of your daily intake of food.

### Exercise

Exercise can help improve your cholesterol readings. Try to exercise for 40 minutes at a time, three or four times a week. Brisk walking, gardening, jogging and swimming are some examples. Be sure to talk to your doctor before starting a new exercise program.

### Limit Alcohol

Drinking too much alcohol can increase your risk of heart disease. If you do drink alcohol, do so in moderation. Men should have no more than two drinks per day and women should have no more than one per day. One drink is 12 ounces of beer, 5 ounces of wine or 1 ounce of 80-proof liquor.