



Everyday Food & Grooves for a Healthy Heart

High cholesterol doesn't have to control your health story. With a few small, realistic steps, you can protect your heart and feel your best, without giving up the foods and traditions you love.

You don't need to break the bank to eat heart-healthy. Try these small but powerful swaps:

Save coins on these affordable food swaps



Use plant oils like olive, avocado, or sunflower instead of butter, lard, or shortening.



Choose high-fiber grains like oatmeal, brown rice, quinoa, or whole-wheat pasta to help your body remove excess cholesterol.



Watch how much you eat: Fill half your plate with vegetables, a quarter with lean protein (like baked chicken or fish), and a quarter with whole grains.

Keep these things in mind

You can still enjoy the flavors that remind you of home, just tweak how you cook them:

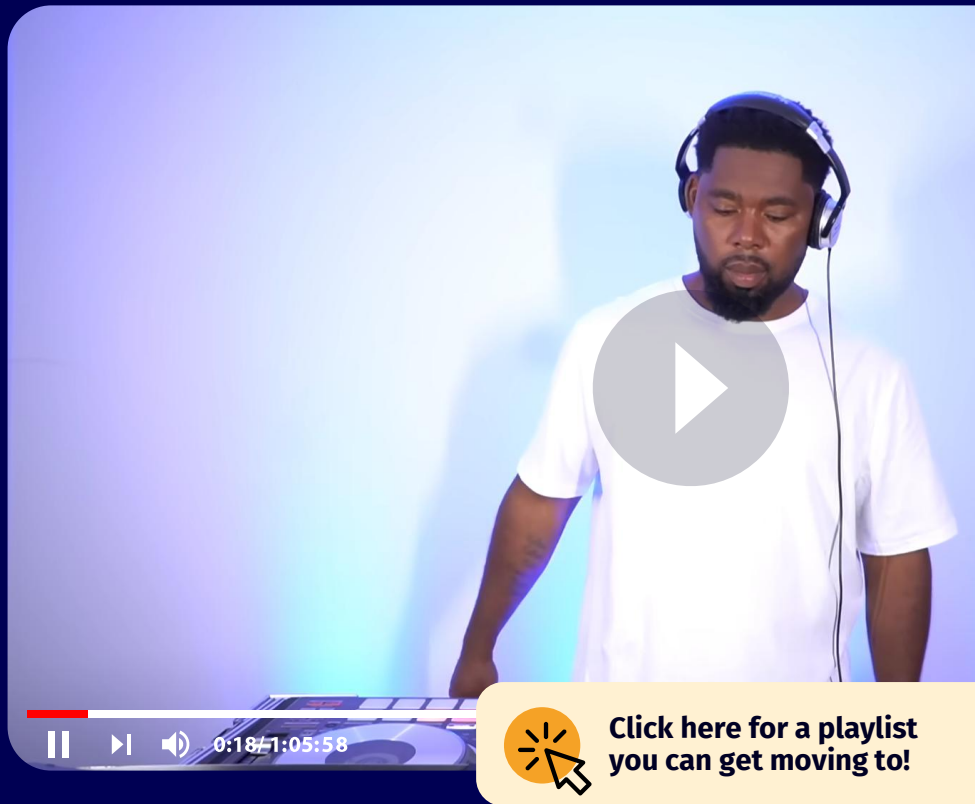
- 1. Grill, bake, or air fry** instead of deep frying your chicken, catfish, or pork chops.
- 2. Seasoning is fine** but not heavily. We're used to seasoning our food until our ancestors say stop but try to reduce the amount and use herbs, garlic, onion, or smoked paprika instead of salt.
- 3. Remix your favorites:** Try collard greens simmered in vegetable broth instead of pork fat, or eat turkey sausage instead of pork for your breakfast.
- 4. Watch that sweet tooth:** Enjoy peach cobbler or banana pudding for special occasions, and savor smaller portions.



Sweat out your perm for a good cause

If you haven't realized by now, YOU are the good cause. Movement isn't just about the gym, it's about staying active in everyday life:

1. **Now walk it out! (and talk):** Take phone calls or stroll with friends after dinner.
2. **Shake your groove thang:** Turn on your favorite music and move for 10–15 minutes.
3. **Blast some Anita Baker or The Clark Sisters and get to cleaning:** Cleaning, gardening, or playing with the kids keeps your body moving.
4. Aim for at least **30 minutes of activity most days**, even in short bursts.



Family Matters

When trying to live a healthier life, family matters, and we don't mean Urkle. Healthy living is easier, and more fun, together:



Cook as a family

Teach kids to season and prepare meals using healthier oils and ingredients.



Challenge each other

Start a “family steps” competition or walk together after Sunday dinner.



Share victories

Celebrate small wins, lower cholesterol numbers, new recipes, or more energy.



Keep your head up

Remember, every positive choice adds up over time.

For more information visit: TheresLevelsToThis.org