



**Protect Your Heart—  
Lower Your Blood  
Cholesterol!**

***Make changes today. It's never too late!***

"I knew it was time to do something to lower my high blood cholesterol. I made a few changes at a time with the foods I buy and how I prepare them. Each day I try to be active. I walk at my lunch break or jump rope with my kids. Making changes paid off. I lost two dress sizes in 3 months! And my cholesterol is slowly dropping. I feel good."

– Mai

**Take steps to lower your risk for high blood cholesterol.**

**Eat heart-healthy foods.**

- √ skim or 1% milk
- √ low fat frozen yogurt
- √ low fat or fat free cheese
- √ tofu

**Eat heart-healthy foods.**

- √ fish
- √ turkey and chicken without

**Tiv Thaiv Koj Lub Plawv—**

**Ua Kuam Koj Cov Ntshaav Rog Nqes!**

**Hloov nub nuav. Nws tsis tau lig!**

"Kuv yeej paub tas txug caij kws yuav tsum ua dlab tsis lug paab kuv cov ntshaav rog vim kuv cov ntshaav rog sab heev. Kuv hloov tej qhov miv miv ib lub sijhawj zuj zug xws le moog yuav zaub mov hab npaaj zaub mov. Txhua txhua nub kuv sim ua dlag zug. I moog taug kaw taw thaum su noj sus hab kuv moog dla yaag nrug kuv cov miv nyuas. Hloov yeej paab tau lawm ntau. Dlhau peb lub hli xwb kuv yuag zog tuaj. Kuv cov khauv dlhuag luj heev tsua kuv lawm. Kuv cov ntshaav rog los yeej nqeg zuj zug moog. Kuv nyob zoo."

--Maiv

**Siv kev lug paab kuam koj cov ntshaav rog nqes.**

**Noj zaub mov kws zoo tsua koj lub plawv.**

- √ mis nyuj hu ua "skim" los yog mis nyuj 1 %
- √ yogurt kws muaj rog tsawg tsawg xwb.
- √ cheese kws tsis muaj rog los yog muaj rog tsawg tsawg xwb.
- √ taum paj.

**Noj zaub mov kws zoo tsua koj lub plawv.**

- √ ntseg

**Tiv Thaiv Koj Lub Plawv—**

**Ua Kom Koj Cov Ntshav Rog Nqis!**

**Hloov Hnub no. Nws tsis tau lig!**

"Kuv yeej paub tias txog caij yuav tsum ua dab tsis los pab kuv cov ntshaav rog vim kuv cov ntshav rog siab heev. Kuv hloov tej qov me me ib lub sijhawm zuj zus xws li mus yuav zaub mov thiab npaj zaub mov. Txhua txhua hnub kuv sim ua dag zog. Kuv mus taw kaw taw thaum so noj sus thiab kuv mus dhia yas nrog kuv cov mi nyuam. Hloov yeej pab tau lawm ntau. Dhau peb lub hli xwb kuv yuag zog tuaj. Kuv cov khawb ncaws loj heev rau kuv lawm. Kuv cov ntshaav rog los yeej nqis zuj zus mus. Kuv nyob zoo."

--Maiv

**Siv kev los pab kom koj cov ntshav rog nqis.**

**Noj zaub mov uas zoo rau koj lub plawv.**

- √ mis nyuj hu ua "skim" los yog mis nyuj 1 %
- √ yogurt uas muaj rog tsawg tsawg xwb.
- √ cheese uas tsis muaj rog los yog muaj rog tsawg tsawg xwb.
- √ taum paj.

**Noj zaub mov uas zoo rau koj lub plawv.**

- √ ntsees

- √ skin
- √ lean cuts of meat

**Eat heart-healthy foods.**

- √ cereals, noodles, and breads
- √ fruits and vegetables

**Go easy on these foods.**

- √ 2% milk
- √ oils and margarine
- √ coconuts, avocados, and olives
- √ nuts

**Cut back on these foods.**

- √ ice creams and creams
- √ butter and whole milk
- √ high-fat cheeses
- √ pizza

**Cut back on these foods.**

- √ fatty cuts of meat - sausages, hot dogs, bologna
- √ liver, kidneys, and other organ meats

**Cut back on these foods.**

- √ egg yolks
- √ lard, coconut, palm, or palm kernel oil

**Be physically active every day.**

**Choose activities that you and your family can enjoy.**

- √ walk
- √ do aerobics
- √ garden
- √ dance
- √ play sports
- √ jump rope with your kids

- √ qab cov txwv hab qab kws tsi muaj tawv nqaj.
- √ nqaj ntshiv.

**Noj zaub mov kws zoo tsua koj lub plawv.**

- √ cereals, fawm, mij, hab bread
- √ txiv maab txiv ntoo hab zaub

**Txhob noj cov zaub mov nyob huv nuav ntau ntau.**

- √ mis nyuj 2%
- √ roj hab margarine
- √ maaj phaub, avocados hab olives
- √ noob

**Txu cov zaub mov nuav.**

- √ ice creams hab cream
- √ butter hab mis nyuj hu ua “whole milk”
- √ cheese kws muaj rog ntau heev.
- √ pizza

**Txu cov zaub mov nuav.**

- √ paav ywj, nyuv ntxwm, hot dogs, bologna
- √ sab, raum, hab lwm yaam nqaj nruab nrog

**Txu cov zaub mov nuav.**

- √ nkaub qai
- √ lard, maaj phaubs, palm, los yog palm kernel oil

**Yuav tsum ua dlag zug txhua txhua nub.**

**Xaiv ua tej yaam kws koj hab koj tsev neeg nyam ua.**

- √ moog taug kev
- √ ua aerobics
- √ ua teb
- √ fuab las voos
- √ ntaus npas

- √ qaib cov txwv thiab qaib uas tsis muaj tawv nqaj
- √ nqaj ntshiv

**Noj zaub mov uas zoo tau koj lub plawv.**

- √ cereals, fawm, mij, thiab bread
- √ txiv hmab txiv ntoo thiab zaub

**Txhob noj cov zaub mov nyob hauv no ntau ntau.**

- √ mis nyuj 2%
- √ roj thiab margarine
- √ maj phaub, avocados thiab olives
- √ noob

**Txo cov zaub mov nov.**

- √ ice creams thiab cream
- √ butter thiab mis nyuj hu ua “whole milk”
- √ cheese uas muaj rog ntau heev.
- √ pizza

**Txo cov zaub mov nov.**

- √ pav ywj, hnyuv ntxwm, hot dogs, bologna
- √ sab, raum, thiab lwm yam nqaj nruab nrog

**Txo cov zaub mov nov.**

- √ nkaub qe
- √ lard, maj phaubs, palm, los yog palm kernel oil

**Yuav tsum ua dag zog txhua txhua hnuv.**

**Xaiv ua tej yam uas koj thiab koj tsev neeg nyam ua.**

- √ mus taug kev
- √ ua aerobics
- √ ua teb
- √ huab las voos
- √ ntaus npas

**Aim for a healthy weight.**

Take steps to lose weight if you are overweight.

**Try losing weight slowly.**

- √ Cut back on foods high in fats and calories.
- √ Eat smaller portions.
- √ Eat fruits and vegetables for snacks.
- √ Bake, broil, or boil your foods.
- √ Be active every day.

**Take steps to lower your blood cholesterol, so you can live a long and happy life!**

√ dlha yaag nrug koj cov miv nyuas

**Saib xyuas kuam koj hnyaav tab tom zoo.** Siv kev lug paab kuam koj poob phaus yog tas koj hnyaav dlhau heev lawm.

**Sim kuam poob phaus miv miv zuj zug moog.**

- √ Txu kev noj zaub mov kws muaj rog ntau ntau
- √ Noj zaub mov kuam tsawg miv ntsiv
- √ Noj txiv maab txiv ntoo txom ncauj hab noj zaub
- √ Ci, hlavv, los yog hau koj cov zaub mov.
- √ Yuav tsum ua dlag zug txhua txhua nub.

**Siv kev lug paab txu koj cov ntshaav rog kuam koj txha le nyob ua neej ntev hab kaj sab lug!**

√ dhia yas nrog koj cov mi nyuam

**Saib xyuas kom koj hnyav tab tom zoo.** Siv kev los pab kom koj poob phaus yog tias koj hnyav dhau heev lawm.

**Sim kom poob phaus me me zuj zus mus.**

- √ Txo kev noj zaub mov uas muaj rog ntau ntau
- √ Noj zaub mov kom tsawg me ntsis
- √ Noj txiv hmab txiv ntoo txom ncauj thiab noj zaub
- √ Ci, hlavv, los yog hau koj cov zaub mov.
- √ Yuav tsum ua dag zog txhua txhua hnub.

**Siv kev lug pab txo koj cov ntshav rog kom koj thiaj li nyob ua neej ntev thiab kaj siab lug!**



**Credits:** Adapted from the National Heart, Lung and Blood Institute Easy-to-Read Heart Health series. Translation in Green and White Hmong by Wausau Area Hmong Mutual Association with audio in Green Hmong. Produced for web by Healthy Roads Media. ©2008. Available for use as a public service at [www.hmonghealth.org](http://www.hmonghealth.org) and [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). May be copied for non-profit educational use.

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**Cov txiaj ntsim:** Txais yuav los ntawm National Heart, Lung thiab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Tsim rau web los ntawm Healthy Roads Media. ©2008. Muaj rau sawv daws siv nyob hauv [www.hmonghealth.org](http://www.hmonghealth.org) thiab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj mus siv qhia dawb rau lwm tus tau.