

Resources...

for changing your diet to lower cholesterol & reduce risk for heart disease

Create-A-Diet

<http://nhlbisupport.com/chd1/create.htm>

Introduction to TLC (Therapeutic Lifestyle Changes) Diet

<http://www.nhlbi.nih.gov/cgi-bin/chd/step2intro.cgi>

Eat a Heart Healthy Diet

<http://www.americanheart.org/presenter.jhtml?identifier=1510>

Cholesterol: The Best Foods to Lower your Cholesterol and Protect Your Heart <http://mayoclinic.com/health/cholesterol/CL00002>

Lowering Cholesterol: Could Your Diet Use Some TLC? <http://mayoclinic.com/health/lowering-cholesterol/CL00014>

Dietary Fats: Know which Types to Choose

<http://mayoclinic.com/health/fat/NU00262>

Trans Fat: Avoid this Cholesterol Double Whammy

<http://mayoclinic.com/health/trans-fat/CL00032>

Nuts and Your Heart: Eating Nuts for Heart Health

<http://mayoclinic.com/health/nuts/HB00085>

Butter vs. Margarine: Which Is Better for My Heart?

<http://mayoclinic.com/health/butter-vs-margarine/AN00835>

Eggs: Are They Good or Bad for My Cholesterol?

<http://mayoclinic.com/health/cholesterol/HQ00608>