

Type 2 Diabetes and Cholesterol



People living with diabetes tend to have lower “good” cholesterol levels (HDL) and higher “bad” cholesterol levels (LDL), which increases their risk for heart disease and stroke. Eating the right foods can help manage cholesterol.

The foods we eat can impact cholesterol numbers. Here are 3 ways to help improve cholesterol:

- Increase fiber intake
- Increase healthy fats
- Decrease unhealthy fats

There’s still more that can help!



Stay active



Keep a healthy weight



Take medications as prescribed



Stop smoking



Limit or avoid alcohol

Fibra:



- Fruits
- Nonstarchy Vegetables
- Whole Grains

Healthy fats:



- Fish
- Nuts
- Avocados
- Canola Oil

Unhealthy fats:



- Butter
- Shortening
- Coconut Oil
- Palm Oil

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR HEART DISEASE AND STROKE.

Talk to your doctor about your next steps. You’re not in this alone. For more information please visit www.heart.org/diabetes