

## Cholesterol and triglycerides action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Talk with your doctor about your cholesterol and triglycerides.				___ / ___ / ___	
Take your cholesterol-lowering medicines (e.g. statins) as prescribed.				___ / ___ / ___	
Choose a wide variety of fruit and vegetables, plain meat, poultry and fish, reduced fat dairy and plain unsalted nuts and legumes.				___ / ___ / ___	
Choose healthier fats and oils for cooking, spreads, dressings and mayonnaises. Some suitable choices include canola, sunflower, soybean, olive, sesame and peanut oils. Avoid using butter, other dairy blends, lard, copha or cooking fats.				___ / ___ / ___	
Be physically active.				___ / ___ / ___	
Ask your doctor for a referral to an accredited practising dietitian.				___ / ___ / ___	
Find out more information about cholesterol and triglycerides.				___ / ___ / ___	