

# Do Not Wait!

## Five Cs to Cope with High Blood Cholesterol

English Version

Increasing intake of saturated fat and trans fat will increase blood cholesterol, especially so called "bad cholesterol- LDL".



### Trans Fat

Industrial processed oil mainly used in fried food and bakery products such as cakes, pizza, cookies, crackers, etc. Also, be aware of hidden fat which may come from can products, sauce, gravy and even noodles.

### Saturated fats

Besides animal fats from skin and bone, whole milk, butter and cream, it also comes from plant sources such as palm oil, coconut, coconut oil.

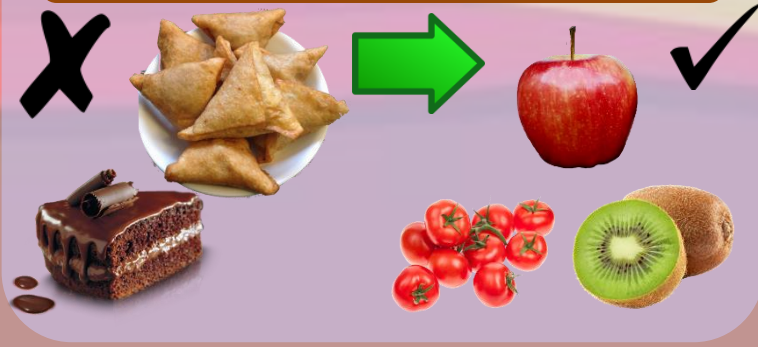


## TIPs on dietary change -Five Cs :

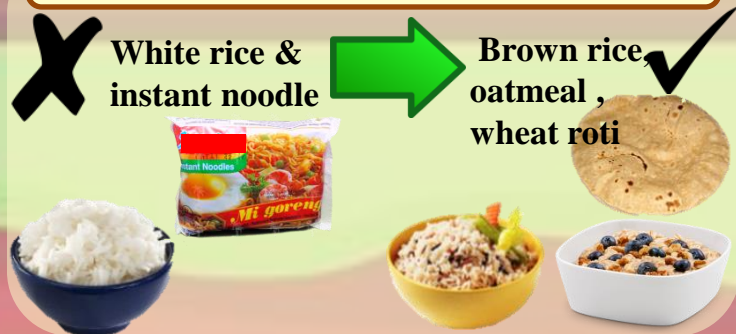
### 1) Choose low fat



### 2) Change your dietary habit



### 3) Change refine to whole grain



### 4) Choose sensibly



### Check the packages

