**Lifestyle Recommendations for Elevated Cholesterol**

1. Start daily use of Mega Red (or other brand) krill oil.
2. Decrease intake of foods that are high in saturated fats, whole milk, cheese, ice cream, yogurt, butter, red meats and processed pork. Change to healthy fats, such as olive oil, avocado or polyunsaturated canola oil. Decrease over all use of fats and oils.
3. Increase intake of fresh fruit, fresh vegetables and plain water.
4. Begin fiber therapy with Benefiber powder (or other brand) 1 tbsp in 12 ounces of water daily
5. Increase aerobic exercise to at least 30 minutes per day. You should be exercising hard enough to increase your heart rate to \_\_\_\_\_\_\_\_\_\_\_\_\_\_(220-age x 75%)
6. Recheck cholesterol labs in 3 months.