

# Type 2 Diabetes and Cholesterol

People 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. What you eat can affect your cholesterol.

**The foods you eat can impact your cholesterol numbers. Here are 3 ways to improve your cholesterol:**

- **increase fiber intake**
- **increase healthy fats**
- **decrease unhealthy fats**

**And there’s more you can do!**



Stay active



Get to, or stay at a healthy weight



Take medications as prescribed



Stop smoking



Cut back on 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 STROKE.**

Talk to your doctor about your next steps. You’re not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join).