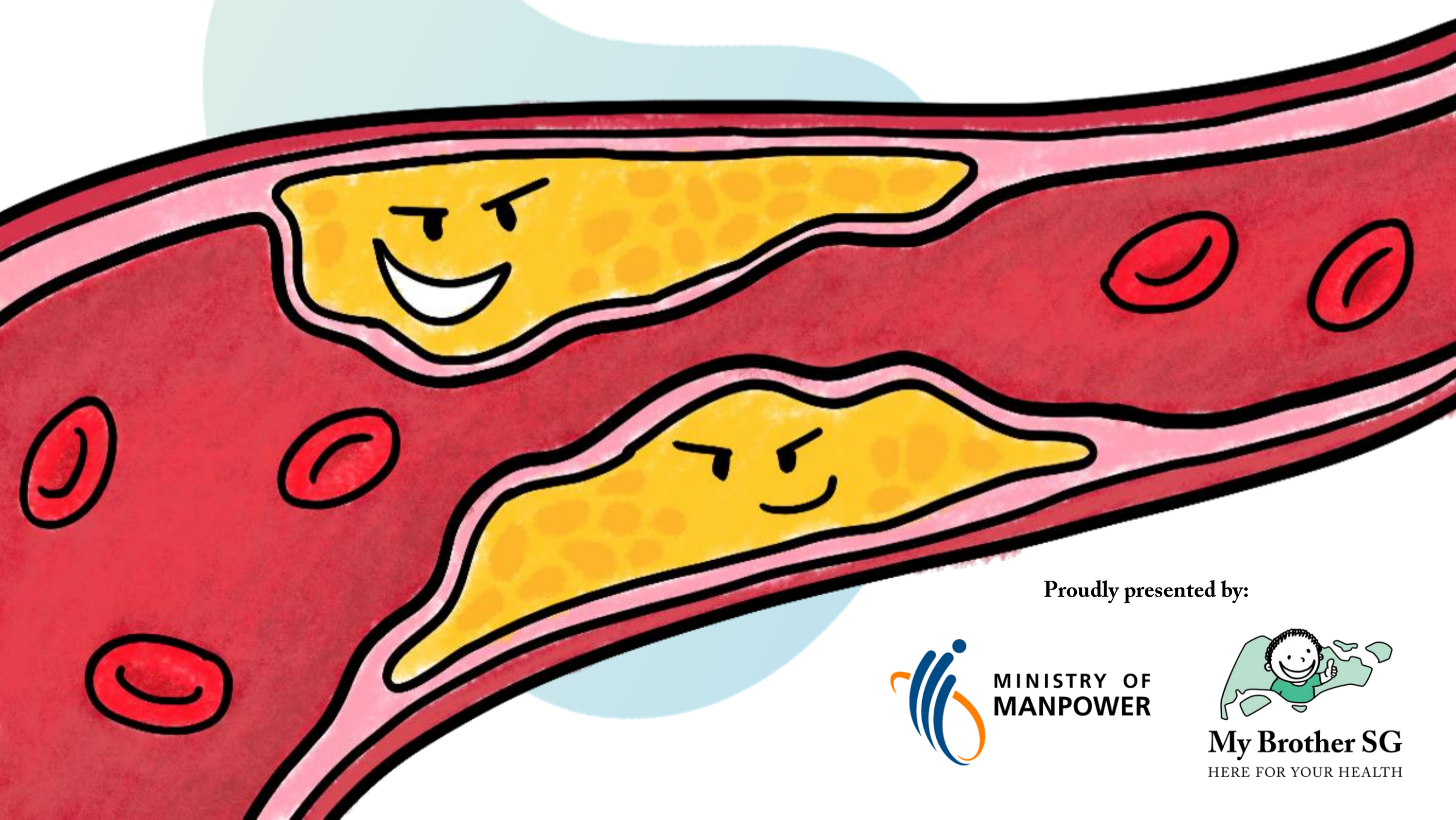




Tips for a Healthier You

What is high cholesterol?

Cholesterol is a fat-like substance in your blood. Too much cholesterol can increase your risk of heart attack or stroke.



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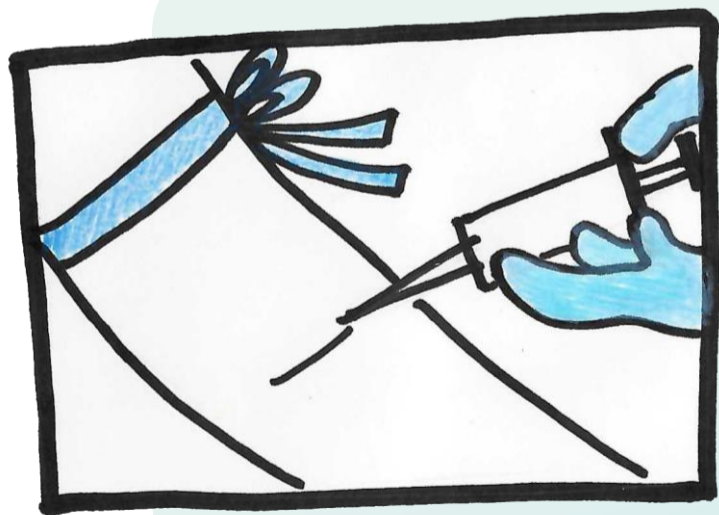
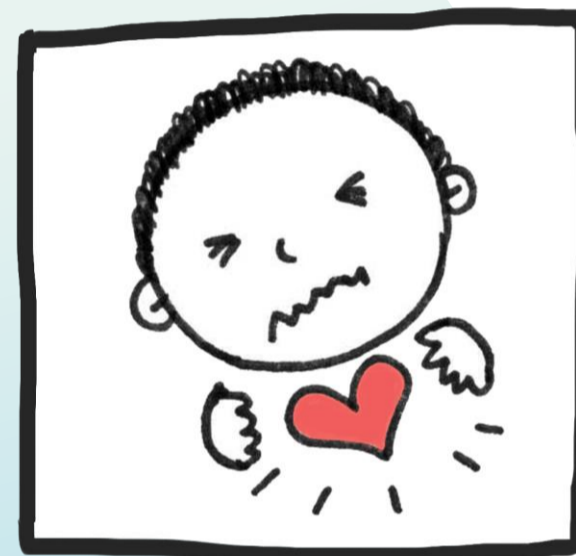
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Tips for a Healthier You

How do I know if I have high cholesterol?

There are **no symptoms**. Most people find out from a **blood test**.

If untreated in the long run, it can cause chest pain, heart attack or stroke.



It is important that you check your cholesterol levels with your doctor. Visit the medical clinic, especially if your employer has enrolled you with the Primary Care Plan. Find your nearest medical centres and their locations [here](#).

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Tips for a Healthier You

Prevent High Cholesterol!

Follow these simple steps to reduce your risk of getting high cholesterol!



Have a balanced diet.



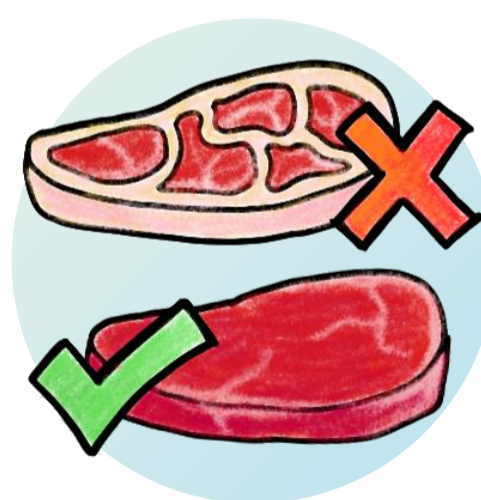
Eat less salty foods.



Stay active! Play sports like soccer, badminton, or cricket.



Use low fat yoghurt/low fat milk in cooking and avoid coconut milk



Eat less fatty meats (mutton) and remove visible fats from meats before cooking or eating.

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Sources:

1. "Healthy Eating for Lowering Cholesterol". HealthHub. December 2021.
2. "Hyperlipidemia". HealthHub. February 2022.