PROMOTORA GUIDE

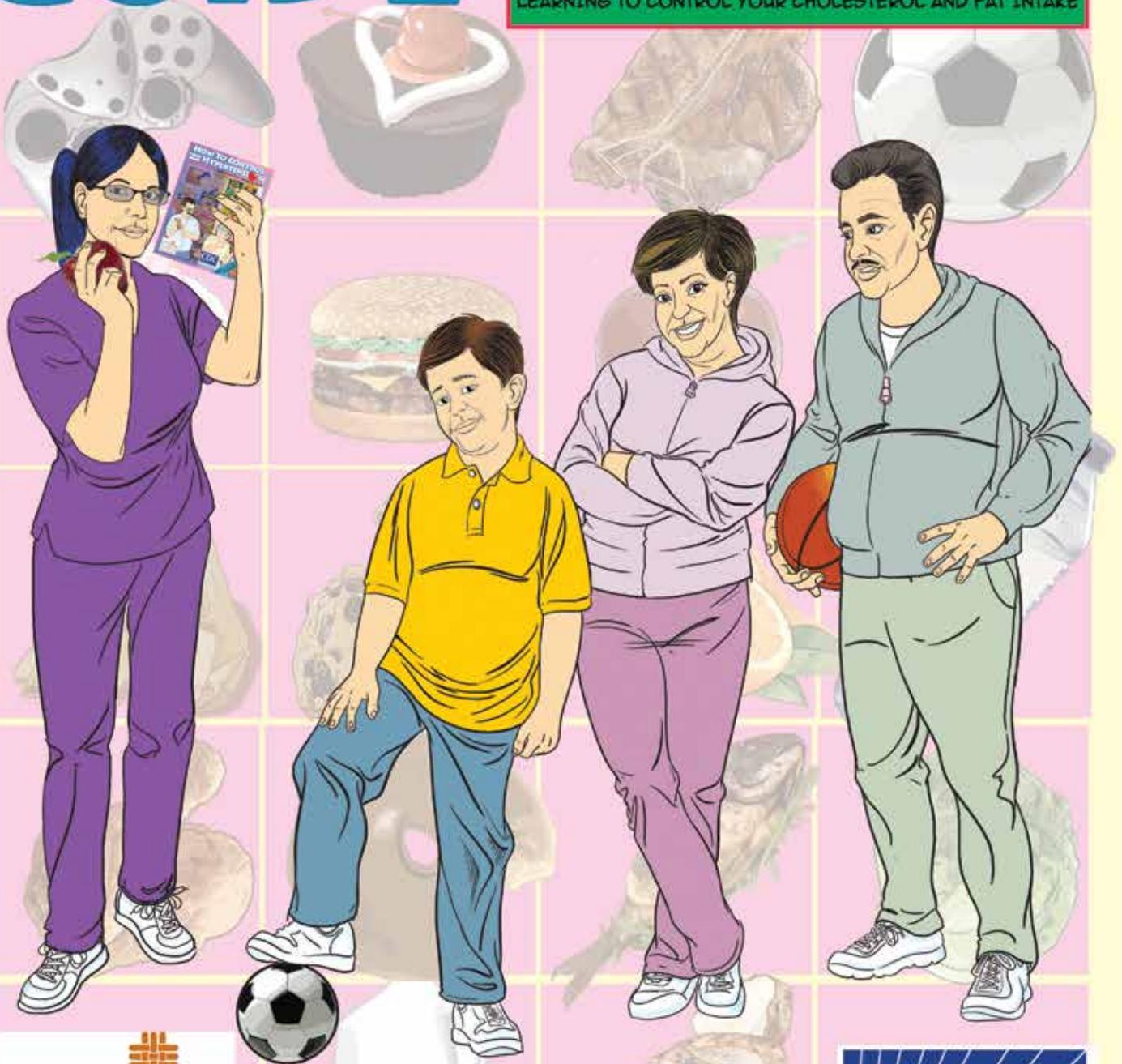## HOW TO CONTROL YOUR FAT AND CHOLESTEROL

LEARNING TO CONTROL YOUR CHOLESTEROL AND FAT INTAKE

WHOLE MILK

UTHealth
The University of Texas
Health Science Center at Houston
School of Public Health
El Paso Regional Campus

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

Dear Promotoras:

We hope you like the fotonovela, "How to Control your fat, and cholesterol." This fotonovela is number 3 of the series starting with "Cómo controlar su hipertensión." Raymundo and his family would like you to read this fotonovela with community members and help them learn about how to control your cholesterol and fat intake.

We thank you for your interest in this new fotonovela. We welcome feedback on your experience of putting it into use.

Sincerely:

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After reading this fotonovela participants will:

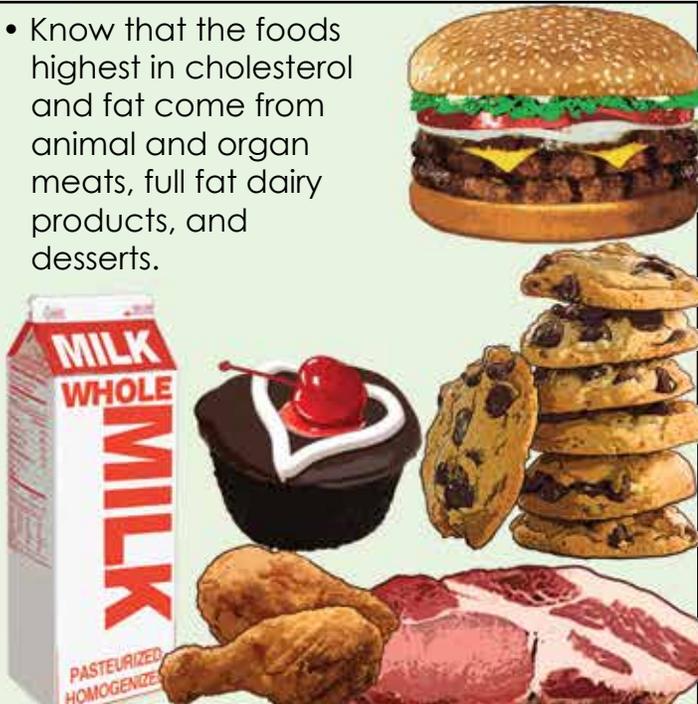- Be aware of how important is to know how much cholesterol and fat is in the food they eat.

Nutrition Facts

Serving Size 1 cup (240 g)
Serving Per Container About 2

Amount Per Serving

Calories 50	Calories from Fat 30
	%Daily Value*
Fat 4 mg	6%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 309 mg	103%
Sodium 260 mg	10%
Total Carbohydrate 4 g	5%
Dietary Fiber 0g	5%
Sugars 0g	
Protein 21 g	5%

- Understand that changing their eating and cooking habits will lower the amount of cholesterol and fat in the foods they eat.

- Know that the foods highest in cholesterol and fat come from animal and organ meats, full fat dairy products, and desserts.

MILK WHOLE MILK PASTEURIZED HOMOGENIZED

- Learn how to read nutrition food labels to choose food that are lower in cholesterol and fat.

- Learn to eat a variety of fruits and vegetables and 100% whole grain products and eat fewer fatty foods.

WHOLE WHEAT BREAD WHOLE GRAIN

WHOLE GRAIN PASTA

We offer some helpful hints:

- Please welcome all members of each group of people; introduce yourself, and ask each member to introduce him or herself.

- You may ask people if they would like to read the fotonovela together. Several people might like to read the parts for the various family members. When people read out loud it will help those group members who cannot read.

- When you read the fotonovela you can add extra activities. For example:

o Bring some empty cans or boxes of popular foods that people often eat. Ask or help people to read the labels and find the amount of cholesterol and fat (such as total fat, saturated fat, trans fat) in a single serving of that food. Practice with the groups using the Activity Sheet on page 14 of the fotonovela.
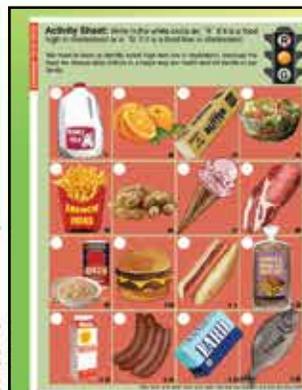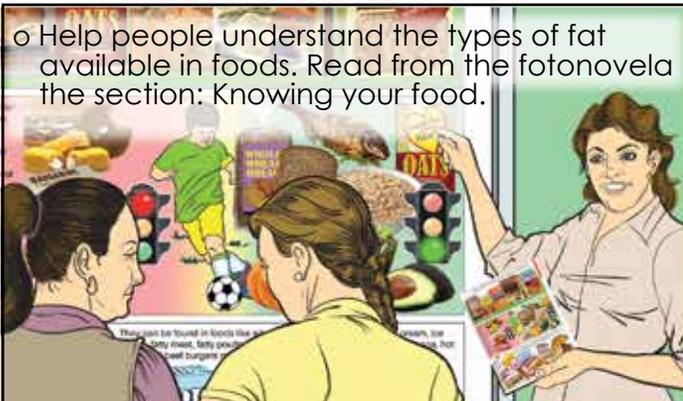
o Find places or events in your community where people can get their cholesterol checked.

o Help people understand the best numbers for total cholesterol, HDL (good cholesterol) and LDL (bad cholesterol) for a healthy heart.

		DESIRABLE 🟢	BORDERLINE 🟡	UNDESIRABLE 🔴
HDL Cholesterol	children (9-12)	more than 45 mg/dl	40-45 mg/dl	less than 40 mg/dl
	adults	more than 40 mg/dl		less than 40 mg/dl
LDL Cholesterol	children (9-12)	less than 110 mg/dl	110-129 mg/dl	more than 130 mg/dl
	adults	less than 100 mg/dl	100-189 mg/dl	more than 190 mg/dl

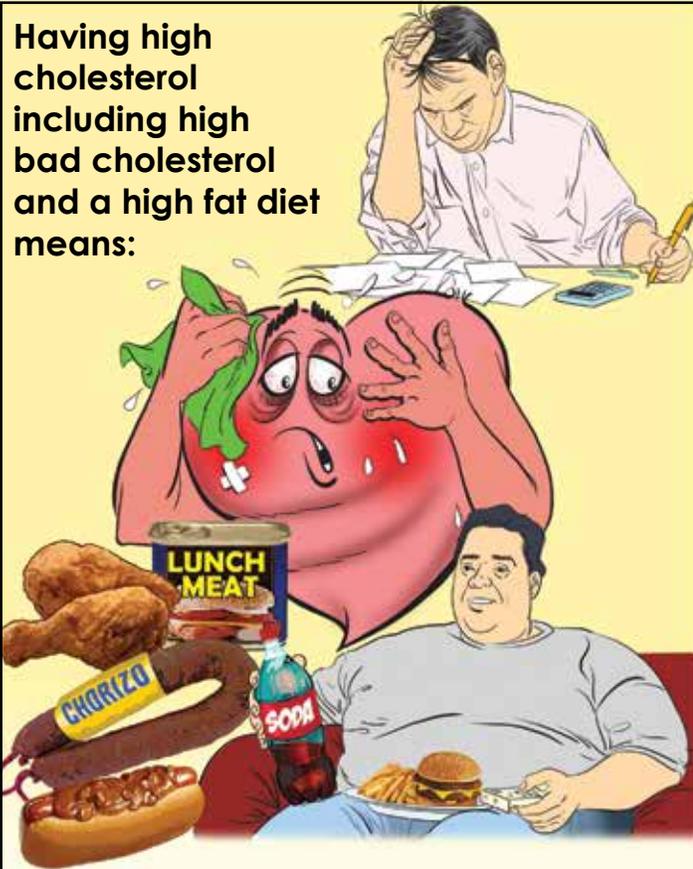o Help people understand the types of fat available in foods. Read from the fotonovela the section: Knowing your food.

o Help people read labels and understand the amount of cholesterol and type of fat in a serving of that food. Practice with the group using the Activity Sheet on Page 21 of the fotonovela.

- Encourage people to ask questions.

- Encourage people to share about:

o What they have learned about the effect of cholesterol and fat in foods on heart disease

o What challenges they have had in eating less cholesterol and fat

o What ideas they have for reducing cholesterol and fat in their diet
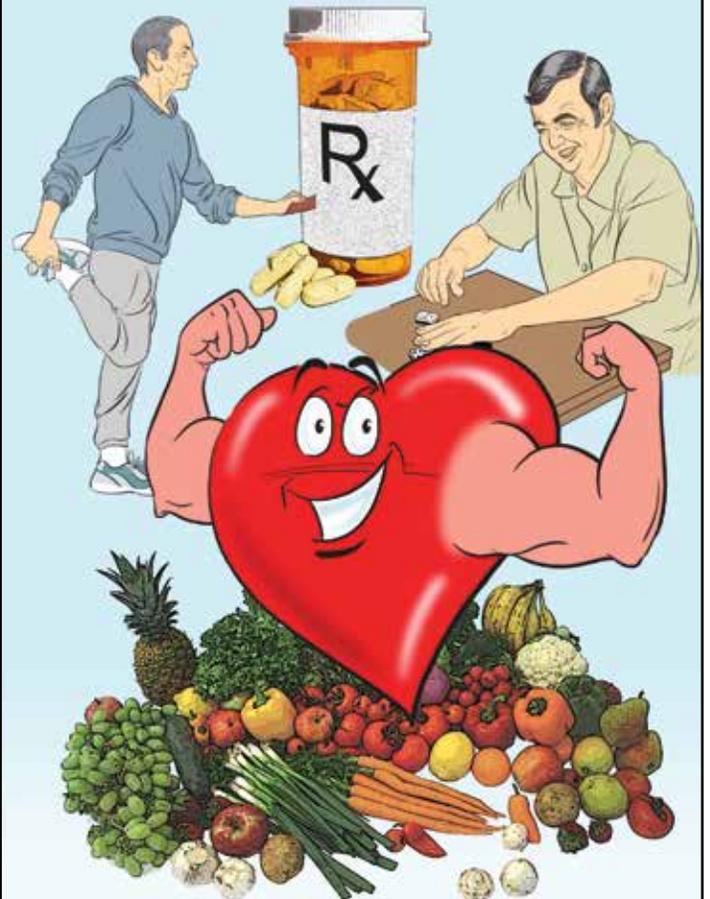
o What changes have worked for them and their families

As a review, remind people of the following facts:

Having high cholesterol including high bad cholesterol and a high fat diet means:

… that the risk of heart disease increases for that person including heart attacks and stroke, especially if the person is not physically active, has an unhealthy weight, and eats an unhealthy diet, and/or has a history of high cholesterol, high blood pressure, diabetes, or heart problems.
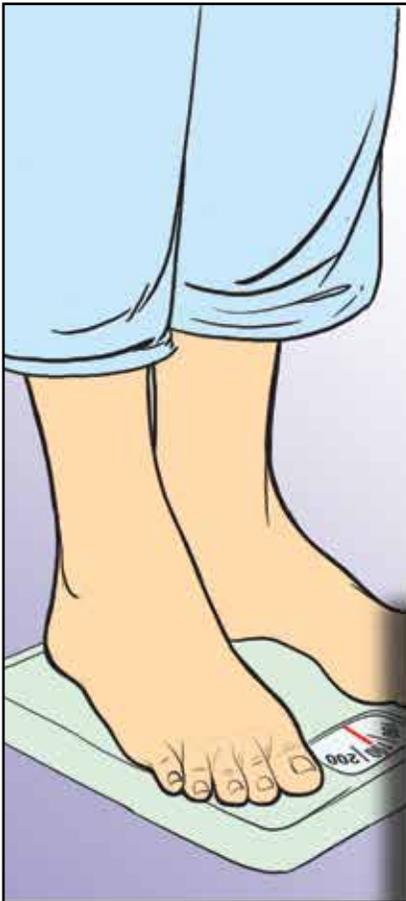
The good news…

…is that you can do many things in your daily life to reduce your chances of developing these problems. Preventing heart disease can save your life and the lives of your family members.

As a review activity ask group members to tell you good ways to prevent heart disease and examples of keeping a healthy lifestyle.
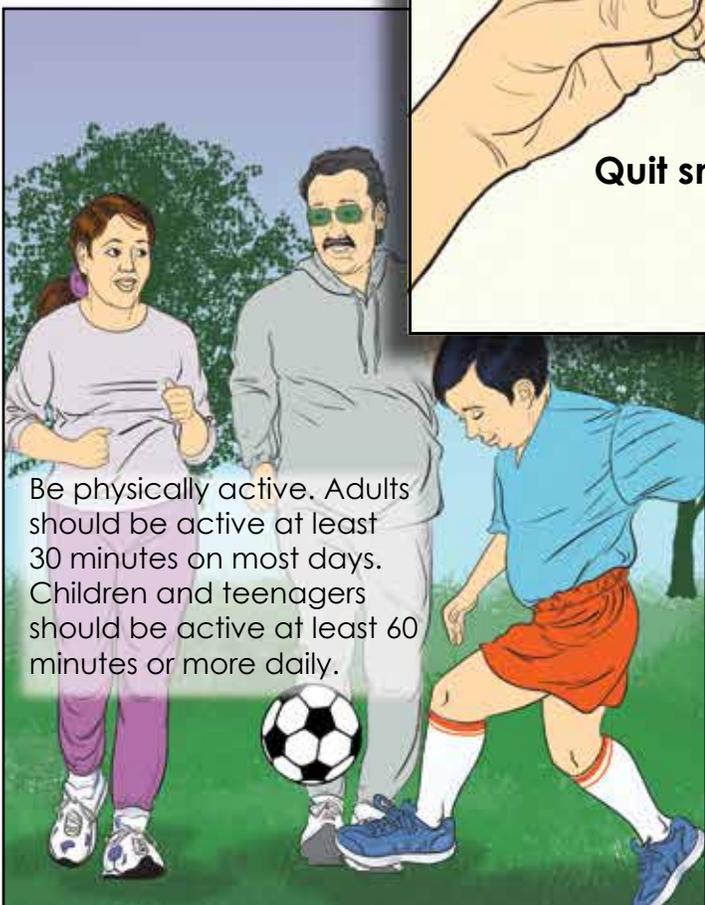
• Answers may include:

Aim for a wealthy weight.

Eat a variety of fruits and vegetables, whole grain products (such as breads, pasta, cereals), and fat free or low-fat milk, yogurt, and cheese, less fatty meats, animal products and fatty and high calorie desserts.
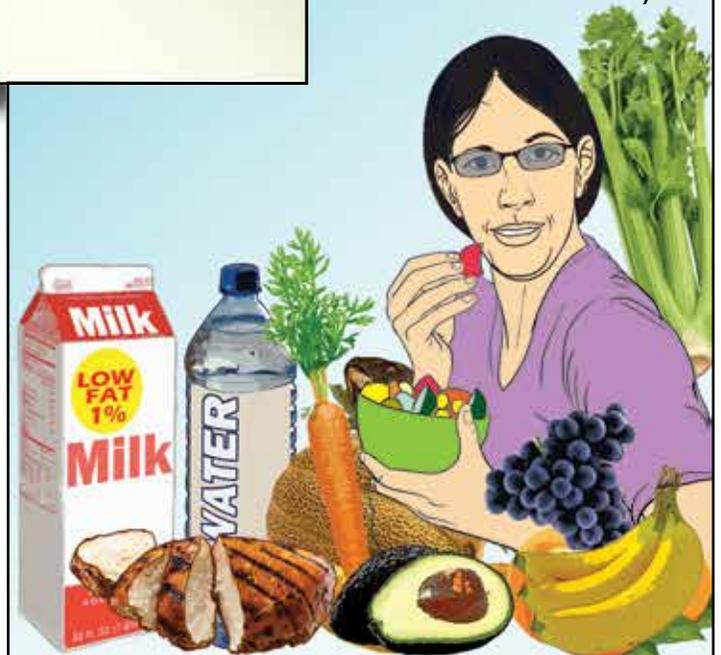
Quit smoking.

Keep your high cholesterol levels under control by selecting healthy food choices daily.
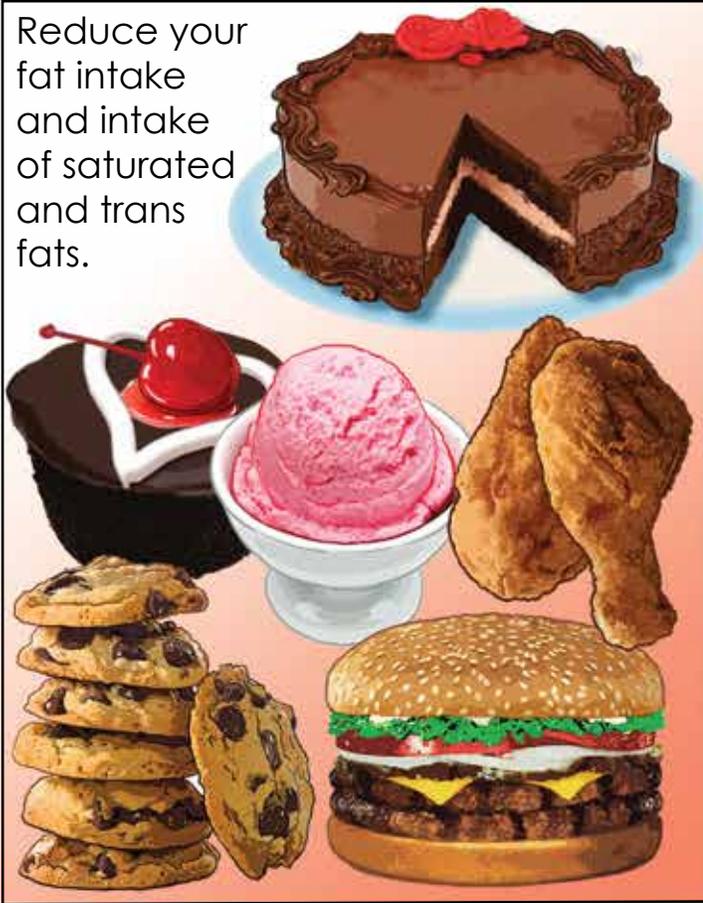
Be physically active. Adults should be active at least 30 minutes on most days. Children and teenagers should be active at least 60 minutes or more daily.
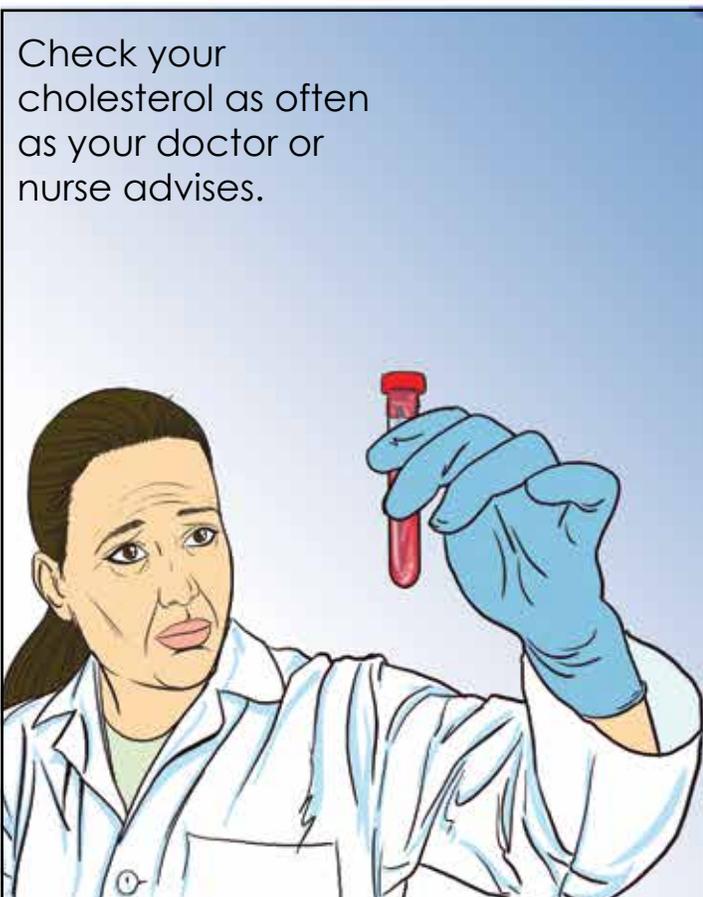
•Answers may include:

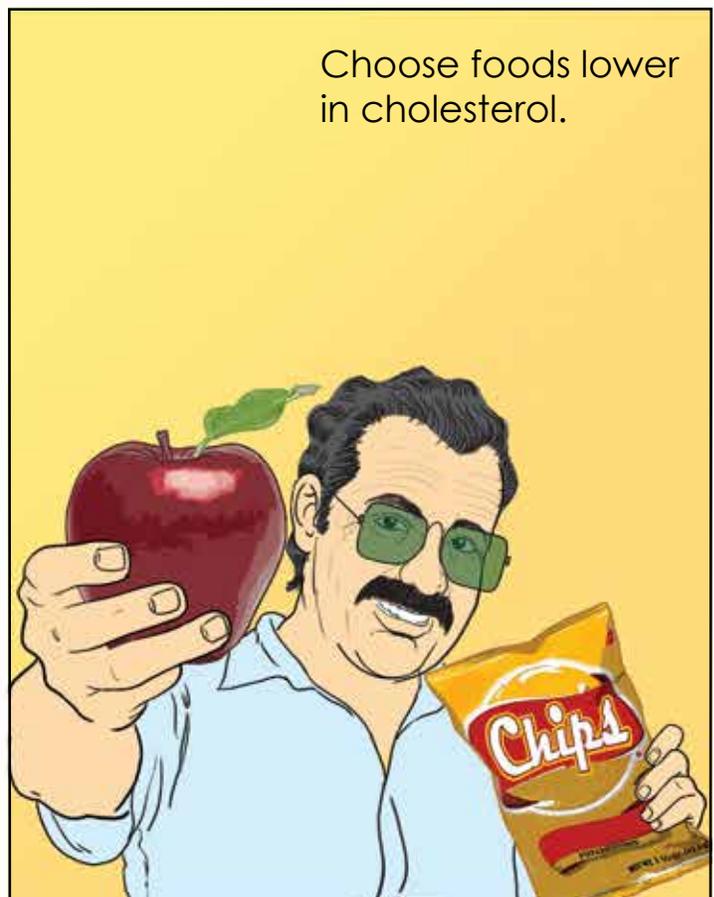Reduce your fat intake and intake of saturated and trans fats.

Stay away from packaged foods with palm and coconut oils that are high in saturated fat.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINMONONITRATE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORNSTARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLEDMONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, PYRIDOXINE HYDRCHLORIDE (VITAMIN B₆), RIBO-FLAVIN (VITAMIN B₂), THIAMIN HYDROCLORIDE (VITAMIN B₁), CITRIC ACID, FLOIC ACID, RED #5, YELLOW #5, BLUE #1.

CHERRY TURNOVER

Check your cholesterol as often as your doctor or nurse advises.

Choose foods lower in cholesterol.

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Resources:

CDC Sourcebook in English and Spanish
http://www.cdc.gov/dhdsp/programs/nhdsp_
program/chw_sourcebook/pdfs/sourcebook.pdf
http://www.cdc.gov/dhdsp/programs/nhdsp_
program/chw_sourcebook/index_spanish.htm

NHBLI CHL booklet: http://www.nhlbi.nih.
gov/health/public/heart/other/latino/chol/
cholesterol.pdf

NHLBI resources: http://www.nhlbi.nih.gov/
health/healthdisp/lat.htm

Finally,
enjoy sharing
the fotonovela!

Dr. Héctor Balcázar
& Team!