

General Resources on the Web

Tips on reducing saturated fat in your diet are available on the Web site for CDC's Division of Nutrition, Physical Activity, and Obesity. <https://www.cdc.gov/nutrition/strategies-guidelines/>

Maintain a healthy weight. CDC's Healthy Weight Web site includes information and tools to help you lose weight. <https://www.cdc.gov/healthyweight/index.html>

Be physically active. Visit CDC's Physical Activity Web site for more information on being active. <https://www.cdc.gov/physicalactivity/index.html>

Limit alcohol use. See CDC's Alcohol and Public Health Web site for more information. <https://www.cdc.gov/alcohol>

Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking. <https://www.cdc.gov/tobacc>

Prevent or manage diabetes. Visit CDC's Diabetes Public Health Resource for more information. <https://www.cdc.gov/diabetes>

Learn more about high blood pressure at the following Web sites:
Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention:
<https://www.cdc.gov/dhdsp/index.htm>

American Heart Association:
<https://www.americanheart.org>

National Heart, Lung, and Blood Institute:
<https://www.nhlbi.nih.gov/>