

Fill Up On Fiber. Soluble fiber can lower LDL (bad) cholesterol and higher fiber diets produce fewer triglycerides (TG- fat in blood), in addition fiber helps control weight and blood sugar.

- ♥ Aim for 17-30 total grams fiber daily; 7-13 grams from **soluble fiber**.
- ♥ Start you day with whole grains, e.g. oatmeal; ready-to-eat cereal made with oat bran, barley or psyllium; look for at least 3 grams of fiber per serving.
- ♥ Enjoy fresh fruit with breakfast and as in between meal snacks, e.g. small pear, 1 cup black berries, 4 whole prunes.
- ♥ Replace refined grains (white bread & pasta) with whole grains like 100% whole rye or whole wheat bread, whole wheat pasta and brown rice.
- ♥ Eat your colors. Have at least 2 servings of veggies at lunch & dinner. Add okra to soup or stew; mix diced yellow bell pepper to pasta sauce; enjoy 15 carrots sticks with a sandwich.
- ♥ Love legumes. Enjoy high fiber beans or legumes or least twice per week. At your next meal try replacing meat or poultry with ½ cup of beans.

Enjoy Heart Healthy Fats... in Moderation. Fatty fish like salmon in addition to walnuts and flax seed contain omega-3-fatty acids, which can lower bad cholesterol & TG; nuts like almonds and plant oils like olive oil contain monounsaturated fat which, also help lower bad cholesterol.

- ♥ Enjoy 3-4 oz fish (salmon) at least 2 times per week
- ♥ You may 3 tbsp ground flaxseeds for 3-4 oz of fatty fish. Try adding 1 tbsp of ground flaxseed to oatmeal.
- ♥ Enjoy 1oz unsalted nuts 4-5 times per week, e.g. 22 almonds; 4 walnut halves
- ♥ Replace bad fats (saturated fats) like butter, stick margarine and vegetable shortening with plant oils like canola & olive (avoid frying) and vegetable oil based spreads like Smart Balance™

Limit Sodium & Control Blood Pressure. High blood pressure usually precedes diabetes, heart disease and kidney disease; it also makes these conditions worse.

- ♥ Limit sodium intake to 2300 mg per day = to 1 teaspoon of salt; limit to 2000 mg if you have a history of heart disease. Start by getting rid of the salt shaker!
- ♥ Limit main meals to less than 600 mg sodium & snacks to less than 140 mg sodium
- ♥ Replace salt with low and sodium-free seasonings like Mrs. Dash®, herbs & spices
- ♥ At restaurants avoid high sodium condiments/sauces & make sure food isn't salted

Maintain a Healthy Body Weight. Waist circumference is associated with excess abdominal fat, which is a predictor of disease risk and morbidity. Men, aim for waist circumference less than 40 inches; women less than 35.

- ♥ Exercise regularly, it promotes good (HDL) cholesterol & lowers elevated TG! Engage in at least 150 minutes of aerobic activity weekly (30 minutes 5 times per week or 40 minutes 4 times per week)
- ♥ Reduce excess calories from high sugar/fat foods (sweets, fried foods)
- ♥ Consume alcohol in moderation; Women 1 drink per day; Men 2 drinks per day
(1 alcoholic beverage = 4 oz wine, 1.5 oz liquor [rum], 12 oz beer)