

HEALTHY HEART / WEIGHT & CHOLESTEROL REDUCTION PROGRAM



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HEALTHY HEART / WEIGHT & CHOLESTEROL REDUCTION PROGRAM

1. Decrease by *half* the amount of these foods you are eating now.

Rice (*any kind*) – white, brown, wild, etc

Bread (*any kind*) – white, brown, whole wheat, etc

Potatoes

Pasta

Noodles

All of these foods contain **STARCH**—when digested, *1 molecule* of starch is converted into *6 molecules* of **SUGAR** (glucose) in your body!

2. You *may* increase your intake of fish, chicken, and other meats.

Eat as much as you want, (preferably grilled, baked or barbecued), so you are not hungry.

3. No processed or “fast foods”.

If it's from a packet or can, the answer is **NO! NO! NO!**

4. At least 5 servings of fruits & vegetables per day including nuts. (almonds/walnuts)

One serving is what fits in 1 handful.

Start each meal with **FRUITS** or **VEGETABLES**.

5. For dessert, try mixed fruits & a *small* scoop of yogurt ice cream.

6. Avoid having 3 large meals per day.

Instead, have smaller 3 meals and eat healthy snacks between meals, or late at night. Try fresh cut fruits & veggies, plus dips of your choice, or almonds & walnuts. For beverages, choose flavoured soy milk (vanilla, strawberry, or chocolate) or Acai juice. (Mix ½ juice with ½ club soda or Perrier.)



7. You *must* EXERCISE!

Exercise can be anything—walking, swimming, dancing, bicycling, climbing stairs, etc. You need at least 30 minutes daily. Incorporate the activity into your daily routine. (e.g. park your car farther from your destination, walk around the block before entering the building, use the stairs more, walk around the office to speak to your staff and colleagues, walk around the mall before entering the store you want to visit, etc.)

8. As a rule of thumb, you need 10,000 steps per day.

(Patients with heart disease need 7500 steps per day.)

Get yourself a belt clip pedometer.

FORMULA 0 0 5 30

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SMOKING

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ALCOHOL (or as little as possible)

5

servings of **FRUITS & VEGETABLES**
per day (at least)

30

minutes of **ACTIVITY** per day

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