

Activity for “Reducing Your Risk of Heart Disease”

Review Linda’s food diary below. Give suggestions on how she can make changes in what she eats and her lifestyle to reduce her risk of heart disease.

Linda’s Typical Day	Suggested Changes
<p><u>7:00 AM Breakfast</u> 1 cup cheese grits with 1 Tbs butter 1 biscuit 1/2 cup orange juice Coffee with cream</p> <p><u>10:00 AM Snack</u> 1 doughnut Coffee with cream</p> <p><u>12:30 Lunch</u> 2 pieces sausage and cheese pizza Diet Coke</p> <p><u>7:00 PM Dinner</u> 2 pieces fried chicken 1/2 cup green beans with bacon 1 baked potato with butter and sour cream 1 piece cornbread Iced Tea, unsweetened</p> <p><u>10:30 PM Snack</u> 3/4 cup ice-cream 1 chocolate chip cookie</p> <p>Activity: Sits all day at work. Fixes dinner in evening and watches TV.</p>	

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