

Suggestions for Reducing Linda's Risk of Heart Disease

Activity for use with "Reducing Your Risk of Heart Disease"

(Instructor's Key - For Agent Use Only)

Overall suggestions:

Increase intake of fruits and vegetables. Reduce intake of high saturated fat foods like butter, doughnuts, cream, cheese, bacon, sour cream, ice-cream, pizza. Increase intake of high fiber foods. Reduce intake of high sugar foods like cookies, colas, doughnuts. Increase physical activity.

Specific suggestions:

Breakfast:

Choose high-fiber cereal with fruit and low-fat milk
Use low-fat milk in place of cream for coffee.

Morning Snack:

Eat a piece of fruit and some carrot sticks.

Lunch:

Have a turkey sandwich on wheat bread, fruit, and tossed salad with raw vegetables.

Dinner:

Change fried chicken to baked chicken or fish.

Add another serving of vegetable and season with olive oil or low-sodium chicken broth.

Substitute high-fiber sweet potato for baked potato and use fat-free spray margarine.

Use whole wheat roll in place of cornbread.

Bedtime Snack:

Use low-fat frozen yogurt in place of ice-cream.

Replace high-fat cookie with low-fat graham crackers or animal crackers.

Activity:

Begin walking program 5-6 days per week. Work up to at least 30 minutes per day.

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