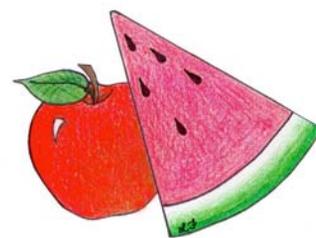
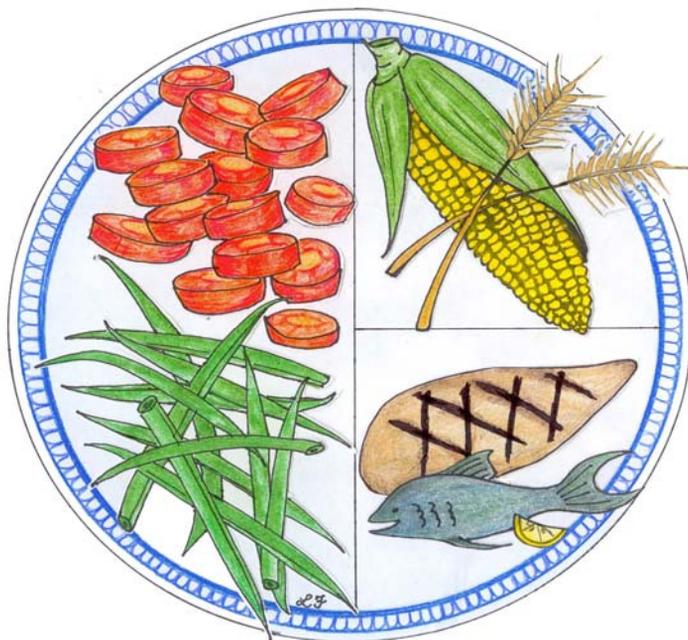


HeartAge™ Diet for High Cholesterol



The Plate Method

1. Fill 1/4 of your plate with whole grain bread, pasta, rice and/or starchy vegetables such as beans, corn, peas, potatoes or sweet potatoes.

2. Fill 1/2 of your plate with a colorful variety of vegetables (such as green beans, broccoli, carrots, tomatoes, onions) and/or a large salad.

3. Fill 1/4 of your plate with fish, white meat of chicken or turkey, very lean beef, pork, or lunch meat, that is 93 to 100% fat free. Trim off the fat and skin. Have fish at least 2 times per week.

4. Eat Breakfast. A bowl of whole grain/low sugar cereal such as oatmeal, or whole grain bread and fruit

5. Choose low-fat or fat-free milk, yogurt, and cheese. Have 2-3 servings a day. (Serving=1 cup of milk or yogurt, 1½-2 ounces of cheese).

6. Have 2-3 servings of fruit as snacks or with your meals. A serving is a medium sized fruit or 1/2 cup of cut up fruit.

7. Have up to 4 servings a day of the healthiest fats, such as 1 tsp of olive or canola oil, 2 Tbs. Peanuts or nuts, or 2 tsp. seeds. Use soft or liquid margarine.

8. Drink water and low-calorie drinks throughout the day.

Tips for lowering high cholesterol:

Limit these foods to cut down on saturated fat, trans fat and cholesterol:

- Fatty meats
- Red meat, including lamb
- Regular lunch meats, bacon and sausages
- Commercially fried foods such as fried chicken, donuts and fried chips and snack foods.
- Limit egg yolks to 5 a week. You can eat as many egg whites as you like.
- Hydrogenated fat, butter fat and milk fat

For more details go to www.HeartAge.com