

SHOW YOUR HEART SOME LOVE

SET GOALS FOR HEART HEALTH



WHAT ARE MY RISK FACTORS FOR HEART DISEASE?¹

MY TOTAL CHOLESTEROL:



MY LDL CHOLESTEROL:



MY HDL CHOLESTEROL:



MY TRIGLYCERIDE LEVEL:



MY BLOOD PRESSURE:



MY WAIST CIRCUMFERENCE:



MINUTES OF ACTIVITY PER DAY:



MY GOALS FOR HEART HEALTH

MY DIET:

- I will focus on including more nutrient-rich foods in my diet. Important nutrients to incorporate include potassium, omega-3 fatty acids, dietary fiber and antioxidant vitamins C, E and A from food sources.
- I will aim to replace saturated fats with plant-based or unsaturated fats like monounsaturated and polyunsaturated fats.
- I will aim to flavor my foods with low-sodium seasonings and/or herbs and spices.
- I will keep my appetite in check by choosing satisfying snacks that contain protein and fiber. A great snack idea is 1/2 cup of unsalted popcorn mixed with 1 tablespoon of raisins and 1/4 cup of toasted almonds.

MY LIFESTYLE:

- I will move more. (I will talk to my healthcare provider before starting a new exercise program.)
- I will regularly visit my healthcare provider to ensure that my risk factors are being monitored.
- I will maintain a healthy weight.

Visit Almonds.com to find more information on how including almonds as part of a diet low in saturated fat can help maintain healthy cholesterol levels and a healthy heart.

References:
 Mayo Clinic <http://www.mayoclinic.com>
 American Heart Association
<http://www.heart.org>

1. American Heart Association. Numbers That Count, www.heart.org/HEARTORG/Conditions/Numbers-That-Count_UCM_305427_Article.jsp.

GET DOWN TO BUSINESS

ONE STEP AT A TIME

Where do you eat during your day? How can you make better food choices to promote a healthy heart? Making smart choices throughout the day can be simple. Let's take a closer look:

IN YOUR PANTRY:	WHAT IMPROVEMENTS CAN I MAKE?
1. SNACKS: _____	1. _____
2. CANNED FOOD: _____	2. _____
3. PASTAS/DRIED GOODS: _____	3. _____
4. COOKING OILS/FATS: _____	4. _____
5. OTHER: _____	5. <i>Keep whole natural almonds as a versatile pantry staple.</i>

AT WORK:	WHAT IMPROVEMENTS CAN I MAKE?
1. DESK: _____	1. _____
2. VENDING MACHINE: _____	2. <i>Choose high-fiber options such as low-fat popcorn, whole-grain pretzels or trail mix with almonds.</i>
3. LUNCH: _____	3. _____
4. BEVERAGES: _____	4. _____
5. OTHER: _____	5. _____

ON THE GO:	WHAT IMPROVEMENTS CAN I MAKE?
1. GYM BAG: _____	1. _____
2. PURSE: _____	2. <i>The perfect-portion almond tin holds 23 almonds for an on-the-go treat without taking up much space.</i>
3. CAR: _____	3. _____
4. OTHER: _____	4. _____

AT THE STORE:	WHAT IMPROVEMENTS CAN I MAKE?
1. WHEN DO YOU SHOP? _____	1. _____
2. WHAT IS YOUR SHOPPING ROUTINE? _____	2. _____
3. HOW DO YOU PLAN YOUR MEALS? _____	3. <i>Plan meals a week in advance—look for new recipes on Almonds.com.</i>

Go to Almonds.com for the printable file. Document #2012HP0021. © 2014 Almond Board of California. All rights reserved.