

Getting Started--Improve Your Blood Fats

Your doctor has identified that you have an early warning sign that fatty deposits may be building up in your artery walls so that blood cannot flow through as easily. This can lead to angina, heart attack, stroke and blocked arteries in other body parts including your legs.

You can reduce your risk by changing your eating and lifestyle choices.

Here is how to get started:

- 1. Eat fish or seafood at least twice a week**
- 2. Avoid Commercial Trans Fats**
 - Avoid deep fried foods such as chips, fries and chicken wings
 - Avoid baked and packaged goods containing shortening & hydrogenated vegetable oil
- 3. Increase monounsaturated and ALA (alpha linolenic acid) fats**
 - Enjoy olive oil in cooking and in salad dressings.
 - Enjoy flax and hempseed oil in salads and baking (not sautéing)
- 4. Limit omega-6 fat**
 - Avoid oils and commercial products using these oils: soybean, cottonseed, palm kernel, corn, sunflower and safflower
 - Limit your nut intake to a very small handful per day (10 almonds, 6 walnuts, 1 tbsp peanut butter)
- 5. Reduce excess waist measurement by losing weight**
 - Women: less than 32" or 80 cm
 - Men: less than 37" or 94 cm
- 6. Quit Smoking**
 - www.smokershelpline is helpful. 1-877-513-5333
- 7. Be physically active for at least 60 minutes every day**

We can help you lose weight, quit smoking or change your eating.

As part of its mission to provide integrated and proactive health care, Adelaide Clinic offers expert nutrition consulting with a Registered Dietitian and smoking cessation counselling. Adelaide Club offers a full range of physical activity opportunities from fitness equipment and group classes to personal training.

Call to book a free 15 minute meeting and discover how we can help you reach your goals.



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