

To lower Blood Fat

(LDL “bad cholesterol” and Triglycerides):

1. Reduce carbohydrate intake. See above box.
2. Eat more “white flesh” protein sources (i.e. fish, shellfish, skinless chicken or turkey). Eat red meats (including pork) only 3 times per week and limit portion size to a “deck of cards” size.
3. Read food labels for saturated & Trans fats. Per serving, do not exceed 1 gram Saturated fat and .5 grams TRANS fat.
4. **Daily** Saturated/Trans Fat intake:
Women: 7-9gms Men: 11-13 gms