



RISKY BUSINESS

THE ALMOND BOARD WANTS YOU TO 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. Adding a handful of almonds (one ounce, or 23 almonds) to my daily routine is an easy step toward reaching this goal.
- I will aim to replace saturated fat with plant-based or unsaturated fat. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.
- 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.

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

Visit AlmondBoard.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.



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:

1. SNACKS:

2. CANNED FOOD:

3. PASTAS/DRIED GOODS:

4. COOKING OILS/FATS:

5. OTHER:

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. _____
3. _____
4. _____
5. *Keep whole natural almonds as a versatile pantry staple.*

AT WORK:

1. DESK:

2. VENDING MACHINE:

3. LUNCH:

4. BEVERAGES:

5. OTHER:

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. *Choose high-fiber options such as low-fat popcorn, whole-grain pretzels or trail mix with almonds.*

3. _____
4. _____
5. _____

ON THE GO:

1. GYM BAG:

2. PURSE:

3. CAR:

4. OTHER:

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. *The perfect-portion almond tin holds 23 almonds for an on-the-go treat without taking up much space.*

3. _____
4. _____

AT THE STORE:

1. WHEN DO YOU SHOP?

2. WHAT IS YOUR SHOPPING ROUTINE?

3. HOW DO YOU PLAN YOUR MEALS?

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. _____
3. *Plan meals a week in advance—look for new recipes on AlmondBoard.com.*

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