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Emergency Weight Diet
 (Only Ideal Plan)

Do not use this diet if you are pregnant, have a history of eating disorders, or are underweight. Consult your doctor before starting this diet.

Day 1

Breakfast	Lunch	Dinner
1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables
1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables
1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables
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1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables

Day 2

Breakfast	Lunch	Dinner
1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables
1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables
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1 cup oatmeal with fruit	1 cup cooked chicken, 1/2 cup vegetables	1 cup cooked chicken, 1/2 cup vegetables

Dietary Approaches to Stop Hypertension

DASH Eating Plan

Food Group	Servings	Serving Size	Examples
Vegetables	4-5 per Day	1 cup raw leafy greens 1/2 cup chopped raw or cooked vegetables 1/2 cup vegetable juice	Lettuce, kale, spinach, broccoli, carrots, green beans, squash, sweet potatoes, tomatoes, asparagus, green peppers, low sodium tomato juice
Fruits	4 per Day	1 medium fruit 1/2 cup cut fresh, frozen or canned fruit 1/4 cup dried fruit 1/2 cup 100% fruit juice	Apples, bananas, berries, oranges, pineapple, peaches, pears, grapes, melons, raisins, dried apricots <i>Limit juice to one serving a day</i>
Grains	6-7 per Day	1 slice of bread 1/2 - 1 cup dry cereal 1/2 cup cooked rice, pasta or grain	Whole wheat bread and rolls, whole wheat pasta, English muffins, brown rice, pita bread, popcorn, oatmeal, quinoa, unsalted pretzels
1% Fat or Non-Fat Milk and Dairy Products	2-3 per Day	1 cup milk or yogurt 1 1/2 ounce cheese	1% fat or non-fat milk, reduced fat cheese, fat free or low fat regular or frozen yogurt
Poultry, Fish, Lean Meats	4-6 ounces per Day	1 ounce cooked meat, poultry or fish 1 egg = 1 ounce serving	Choose lean meat and trim visible fat, remove skin from poultry. Bake, broil or poach
Beans, Nuts, Seeds	4 per Week	1/3 cup or 1 1/2 ounce nuts 2 tablespoons peanut butter 2 tablespoons or 1/2 ounce seeds 1/2 cup cooked beans or dry peas	Almonds, walnuts, sunflower seeds, peanuts, peanut butter, kidney beans, pinto beans, lentils, split peas
Oils, Fats	2 per Day	1 teaspoon soft margarine 1 teaspoon vegetable oil	Soft margarine, vegetable oils, canola, corn, olive or safflower, low fat mayonnaise, light salad dressing
Desserts, Sweets, Added Sugars	4 or less per Week	1 tablespoon jelly 1/2 cup sorbet 1 small cookie	Jams and jellies, fruit punch, hard candy, maple syrup, sorbet and ices, sugar

A Healthy Heart / 3 Foods to Watch

Low Salt

Salt (the common word for sodium) is an important nutrient that also makes us retain water. When we eat too much salt, we can hold on to much water that increases our blood volume and puts extra strain on our heart. **Aim to eat no more than 2000 mg sodium each day by limiting fast food, canned foods and processed foods.**

No Added Salt (X)

Low Cholesterol

Cholesterol is a key nutrient that is only found in animal foods like meat, dairy and eggs. Most people get most of their dietary cholesterol from processed foods, junk foods and fatty cuts of meat. **Aim to limit these foods by using lean cuts of meat, low fat dairy and avoiding processed foods.**

Moderate Animal Fat (O)

High Fiber

Dietary fiber works in the gut and does a lot to keep your heart healthy. In your gut, soluble fiber binds toxins and fats like cholesterol from foods you eat to help your body eliminate them when you poop. **Aim to eat whole fruit, vegetables, beans and whole grains at every meal to benefit from fiber.**

Lots of Plants (checkmark)



Letter Identification

Write 2 or more letters on a white board and ask the patient to point to the letter you say aloud.

Word to Picture Matching

Write a word on a white board and place two or more pictures in front of the patient. Ask the patient to point to the picture that matches the written word.

Word Identification

Write down two or more words on a white board, say one aloud. Ask the patient to point to the word you just said. Example words:

- Apple
- Watch
- Table
- Nose
- Brush
- Soap
- Grapes
- Comb
- Socks
- Pencil
- Clock
- Chair
- Mouth
- Spoon
- Towel
- Paper
- Hook
- Sheet

Phrase Identification

Write two or more phrases on a whiteboard, read one aloud, then ask the patient to point to the phrase you said. Example phrases:

- First name
- Last name
- Lunch menu
- Dinner menu
- Breakfast
- Yield to pedestrians
- Two tablets daily
- May cause drowsiness
- Wash with like colors
- Turn kindly on law
- Good morning
- Take care
- Bill enclosed
- Paid assessment
- Run at 3:30
- Flip after 35 minutes
- Do not bend
- This way up
- Breaking news
- Weather update

Anand SS, Hawkes C, de Souza RJ, et al. Partially hydrogenated vegetable oils, such as those used in many margarines and shortenings, contain a particular form of fat known as trans-fatty acids. Taken as a supplement, niacin could possibly reduce LDL cholesterol and increase HDL cholesterol. Share sensitive information only on official, secure websites. Use brown rice in recipes instead of white and choose a whole grain or veggie pasta instead of traditional pasta. Try using pureed or mashed fruits in muffins, cakes and cookies in place of oil. These eating plans focus on reducing saturated fats to no more than 5% to 6% of your daily calorie intake and trans fats to zero or at least very minimal levels. Fruits are delicious instead fresh, but they can also help you cut cholesterol in some recipes. Consumption of saturated fats should be limited or avoided since they are associated with higher blood cholesterol levels. An official website of the United States government. Effects of tree nuts on blood lipids, apolipoproteins, and blood pressure: systematic review, meta-analysis, and dose-response of 61 controlled intervention trials. *Am J Clin Nutr*. It's easy to snack on raw or cooked fresh fruits and veggies. Sprinkle a little extra-virgin olive oil on the vegetables and season with your favorite salt-free seasonings. Eating the wrong snacks can get you into trouble. For poultry, always remove the skin and remember that chicken and turkey have less fat than duck and goose. doi:10.1016/j.pcad.2015.11.006 Del Gobbo LC, Falk MC, Feldman R, Lewis K, Mozaffarian D. When you cook meat, start by minimizing the amount of saturated fat by selecting the leanest cuts and trimming off any visible fat. *Food Consumption and its Impact on Cardiovascular Disease: Importance of Solutions Focused on the Globalized Food System: A Report From the Workshop Convened by the World Heart Federation*. *J Am Coll Cardiol*. There are many tasty alternatives out there for you to try. This can also increase your risk of diabetes. doi:10.3945/ajcn.115.110965 Photo Courtesy: @ww_us/Twitter Unless you're a child, you've probably heard cautionary tales from your doctor about the dangers of high cholesterol. Cooked apples in muffins and mashed bananas in banana bread are great examples. Flaxseed, soy protein and green tea may reduce LDL cholesterol. doi:10.1016/j.jacc.2015.07.050 Slavin JL, Lloyd B. Incorporating foods with high levels of soluble fiber into your diet is also a great choice. Try a different approach with vegetables by cooking them in a small amount of healthy oil — 1 to 2 teaspoons for about 4 servings — with your favorite salt-free seasonings added to boost the flavor. You can usually accomplish this by eating a low cholesterol diet and getting plenty of exercise. Snacks high in fats and carbohydrates are often conveniently packaged, but they can cause weight gain, heart disease, and high cholesterol. Broil, roast or bake meats instead of frying them, preferably using a pan with a rack that separates the cooking meat from the fat drippings. Find printable handouts and fact sheets that can be used for health fairs, classes, and other food or nutrition-related events. A good low cholesterol diet includes a lot of cholesterol-lowering foods—whether you have the time to cook a full course meal or have just enough time to grab and go. If you are trying to lower your cholesterol, you might need to change some dietary habits. If you are a die-hard junk food junkie, these alternatives can take some getting used to. An example of this would be to substitute low-fat yogurt or nonfat milk instead of regular milk or yogurt. *Dietary Guidelines for Lowering Cholesterol* For most people who don't have hereditary conditions that cause high cholesterol, dietary changes can help lower bad cholesterol (LDL) levels and increase good cholesterol (HDL) levels. Instead, your meals should include plenty of heart-healthy poultry, fish and nuts for protein as well as whole grains, fruits and vegetables. Although your body must have a certain amount of cholesterol, the liver already produces all the cholesterol you need, which means that consuming foods with high amounts of cholesterol could cause excess cholesterol to build up in your blood vessels and cause blockages. It's best to choose whole grain products, such as wheat bread and oats, which are high in fiber, minerals, and vitamins. Health benefits of fruits and vegetables. *Adv Nutr*. If you aren't familiar with how cholesterol works, it is a waxy substance that moves through your bloodstream to different parts of the body that need it to form new cells. Meal plans that focus on heart health, such as diets recommended by the American Heart Association and the National Heart, Lung, and Blood Institute, will generally help improve cholesterol levels. They occur naturally in fruits, vegetables, nuts, legumes and other plants and are sometimes added to other products like orange juice and margarine. Low fat, unsalted pretzels, and unbuttered, unsalted popcorn are also good alternatives. *Trans Fats*. 2012;3(4):506-516. Official websites use .gov A .gov website belongs to an official government organization in the United States. The amount of cholesterol consumed in a day should not exceed 200 milligrams. On a side note concerning animal meats: lean meats, such as chicken, fish, and turkey are lower in saturated fat than red meat. Garlic has been a popular option for lowering cholesterol for a while, but its success has not been proven. Simply choose a lean meat like chicken breast or wild-caught salmon, cut it up into bite-sized pieces and place it on a baking sheet sprayed with a vegetable-based cooking spray. On some days, full course meals are neglected in favor of quicker, lighter snacks. American Heart Association. Sodium has been linked to high blood pressure and is another ingredient to limit when choosing your foods. When you cook with whole ingredients and healthy fats and minimize sodium, you can prepare recipes that are delicious and satisfying that also promote good heart health. When eating breads and grains in your diet, it's easy to make some simple replacements that still taste delicious. Your heart and the rest of your body will thank you! Thanks for your feedback! What are your concerns? The Evidence for Saturated Fat and for Sugar-Related to Coronary Heart Disease. *Prog Cardiovasc Dis*. These should also be avoided since they raise cholesterol levels. If you have an absolute, not-so-healthy favorite snack that you like, you can still eat it, but only in moderation. Nuts are rich in unsaturated fats, which tend to lower total cholesterol levels. Add chunks and slices of onions, bell peppers, red potatoes, broccoli, asparagus, green beans and other fresh vegetables. *Cooking Practices for Lowering Cholesterol* Cooking meals to help lower your cholesterol doesn't have to mean serving boring, unappealing dishes with no flavor that no one in your family will enjoy. For example, swap whole grain breads for other breads, including many wheat breads, which aren't automatically whole grain. Also, use them on the side instead of placing them directly on your food—you might use a lot less this way. Another supplement, red yeast rice, could be dangerous due to naturally occurring lovastatin and should be avoided. If you need to use salad dressing, sauces, or dips, try a low-fat alternative. Certain other ingredients and supplements could help lower your cholesterol, although the results aren't always consistent. *Eating Whole Grains to Lower Cholesterol* When the goal is heart health, whole grains serve the body much better than refined grains like white flour and white rice. They also contain vitamins and antioxidants that work to keep your immune system healthy and to prevent cellular damage. *Eating Fruits and Vegetables to Lower Cholesterol* Doctors recommend adding a wide variety of fresh fruits and vegetables to your diet for many reasons, including controlling cholesterol levels. With the previous popularity of the Atkins diet, many food manufacturers have low-carbohydrate versions of bread and other grains. DiNicola Antonio JJ, Lucan SC, O'Keefe JH. Resource Links: MORE FROM SYMPTOMFIND.COM This generally means eating very little red meat and avoiding dairy products made with whole milk, such as many cheeses. But be sure extra sugar hasn't been added to make up for the removal of fat. Fish containing high levels of omega-3 fatty acids make the best option. Fried foods and animal meats are high in saturated fats. High-fiber diets have reduced cholesterol levels by up to 10% in some people. Just a few ideas: Oranges, Clementines, Grapefruit, Celery, Cucumber, Broccoli, Cauliflower, Cucumber, Lettuce, Cherry tomatoes, Kiwi, Peaches, Raspberries, Blueberries, Bananas You probably would enjoy at least a few of these choices. Brian Leatart / Getty Images Having too many things to do and too little time on your hands, eating healthy may be low on the list of your priorities. Secure .gov websites use HTTPS A lock (A locked padlock) or https:// means you're safely connected to the .gov website. Seeds, including pumpkin and sunflower seeds, contain high amounts of Vitamin E, B vitamins, and minerals. doi:10.3945/ajcn.112.002154 American Heart Association. To minimize this risk, it's important to keep your LDL (low-density lipoproteins) low and your HDL (high-density lipoproteins) high. Begin your journey to healthy eating gradually and with moderation. Additionally, research has indicated that consuming too many carbohydrates can lower HDL (good cholesterol) levels. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Bake at about 400 degrees Fahrenheit for about 20 to 30 minutes until the meat is fully cooked and the vegetables are tender. Saturated Fat. It cuts the saturated fat content and gives the sweets a whole new enhanced flavor profile. Sheet pan cooking is one simple example of creating a complete meal using a single pan filled with ingredients that are baked in the oven. Processed meats like bologna and hot dogs should always be avoided. Let's face it—snacking is natural. 2015;66(14):1590-1614. Cholesterol is a critical component in evaluating your heart health, so if your doctor has ever ordered blood work for you as part of a routine exam, it probably included information about your blood cholesterol levels. Ironically, the best fish options include oily fish that are high in omega-3 fatty acids, such as salmon and trout. If you are hungry between meals, your body is telling you that it needs nutrition now. Only healthy oils like vegetable oil should be used and only occasionally. Since some types of carbohydrates—desserts, white rice, and white bread—are quickly converted to sugar in the body, consuming too many carbohydrates can cause weight gain and elevated glucose levels. The good news is that you have many options that are quick and healthy. Selecting low-fat dairy products instead of their full-fat counterparts will also help to lower fat consumption. The key is to remember to have them on hand. There are so many choices, you can easily pick the ones you like. They are usually found in fried foods and processed foods, such as cookies, chips, and candies. When grazing for food, keep these things in mind: Fruits and vegetables are low in calories and fat. So you need to eat something to curb your hunger until your next meal. 2015;102(6):1347-1356. However, vegetables boiled in a pan on the stove without the addition of delicious bacon fat may not hold a lot of appeal for your family. Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. It has been linked to heart-related conditions such as atherosclerosis and an increased risk of heart attack or stroke. LDL cholesterol levels could be reduced by 5% to 15% simply by adding 2 grams of plant sterols to your diet. Nuts (especially walnuts) contain omega 3-fatty acids, which have been linked to lowering total cholesterol and low-density lipoprotein (LDL) "bad" cholesterol levels, while raising high-density lipoprotein (HDL)—"good" cholesterol levels. *Plant Sterols and Supplements for Lowering Cholesterol* Sterols are natural substances found in plants that help lower cholesterol levels in the blood by blocking the absorption of cholesterol. 2016;58(5):464-472. Artichokes, barley, blond psyllium and oat bran could possibly reduce total cholesterol and LDL cholesterol. Aim for at least 5 to 7 servings of whole fruits and vegetables each day.

Password requirements: 6 to 30 characters long; ASCII characters only (characters found on a standard US keyboard); must contain at least 4 different symbols;

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