

# The Hearty Plan

	Good Fats Lean Meats	Omega 3 Fatty Acid Foods	Soluble Fiber Foods Complex Carbohydrates				Sterol and Stanol Products
			Beans/Peas	Fruit/Seeds/Nuts	Vegetables	Cereal Grains	
<b>F O O D S  T O S E L E C T</b>	Soybean Oil 2 Tbsp	3 ounces of grilled or baked	½ cup cooked	Fresh Fruits Medium 1	½ cup cooked	½ cup cooked	3 Tablespoons
	Canola Oil 2 Tbsp	Lake Trout	Kidney Beans	Apple	Broccoli	Oatmeal	"Benachol"
	Peanut Butter 2 Tbsp	Mackerel	Lima Beans	Orange	Carrots	Oat Bran	"Take Control"
	Avocado 1/8 slice	Sardines	Black Beans	Pears	Brussels Sprouts	Barley	Foods Fortified with Sterol and Standls
	Soy Products 3 ounces	Albacore Tuna	Chick Peas	Banana		Whole Grain Breads	
	Chicken breast 3 ounces	Herring	Black Eye Peas	Nectarine			
	Ground Turkey 3 ounces		Pinto Beans	Prunes ¼ cup			
	Turkey based Meat Products 3 Ounces		Navy Beans	Almonds 1/3 cup			
				Walnuts 1/3 cup Psyllium seeds ground 1Tbsp			

# Instructions for “The Hearty Plan”

## **Purpose:**

The Hearty Plan has been designed to help lower elevated cholesterol and triglycerides levels. Elevated levels have caused: Plaque on arteries and veins which result in heart attacks and strokes (Coronary Heart Disease). A high consumption of saturated fats in the form of red meats and dairy products converts into cholesterol in the blood. A reduced consumption of saturated fats by substituting lean meats, nuts, and good fats, lowers elevated cholesterol levels.

In addition, a high consumption of carbohydrate foods causes elevated levels of triglycerides. The liver stores excess amount of sugar (glycogen) when it is not used for energy in the form of triglycerides. A high consumption of refined sugar, baked products and alcohol without exercise can also create a fatty liver.

## **How it Works:**

Recommendations from the Mayo Clinic created The Hearty Plan guidelines. The “Foods to Select” list on this plan is your guide. Eat at least two servings of Omega 3 Fatty Acids per week. Five to 10 grams of soluble fiber per day was recommended by eating 1½ cups of cooked oatmeal which gives you 4.5 grams of soluble fiber and a ½ cup of cooked lima beans gives you 3.5 grams of soluble fiber. The American Heart Association also recommends foods fortified with plant Sterol and Stanol for people who actually have high levels of the bad cholesterol Low Density Lipoprotein (LDL) Cholesterol. Walnuts and Almonds reduce LDL Cholesterol by 12 percent and keep blood vessels healthy and elastic. Walnuts and Almonds are high in calories so substitute saturated fat meats with them. Omega 3 Fatty Acids, Vitamin C from fruits and a low carbohydrate diet reduce elevated triglyceride and cholesterol levels.

## **Something to Chew On:**

A health claim approved by the Food and Drug Administration (FDA) is a cholesterol-lowering non-prescription, containing plant extract’s sterols and stanols to prevent cholesterol absorption in the small intestine. Two products on the market called “Take Control” and “Benechol” contain these two FDA approved plant extracts used as a substitute for saturated fats like margarine and butter. This helps to lower cholesterol by 10% with 2 –3 Tbsp per day. Your heart should dance to a beat of a different drummer and you may become a private dancer because soluble fiber foods contain gassy properties.