

# Personalized Nutrition and Life Plan for Daniel Heart



This report provides you with information about your health based on your recent test results and the personal preferences that you entered. This report may not contain all of the results for the testing ordered by your healthcare provider. To obtain comprehensive laboratory results, please consult with your healthcare provider. There may be other factors not part of this nutrition and life plan that may change your risk. Talk to your healthcare provider about your test results, this nutrition and life plan, questions you may have and actions you can take to improve your health.

Testing performed and Life Plan created by Boston Heart Diagnostics.

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# Daniel, welcome to your Personalized Nutrition and Life Plan.

Your healthcare provider, **Linda Carter, MD**, ordered diagnostic lab testing from Boston Heart.

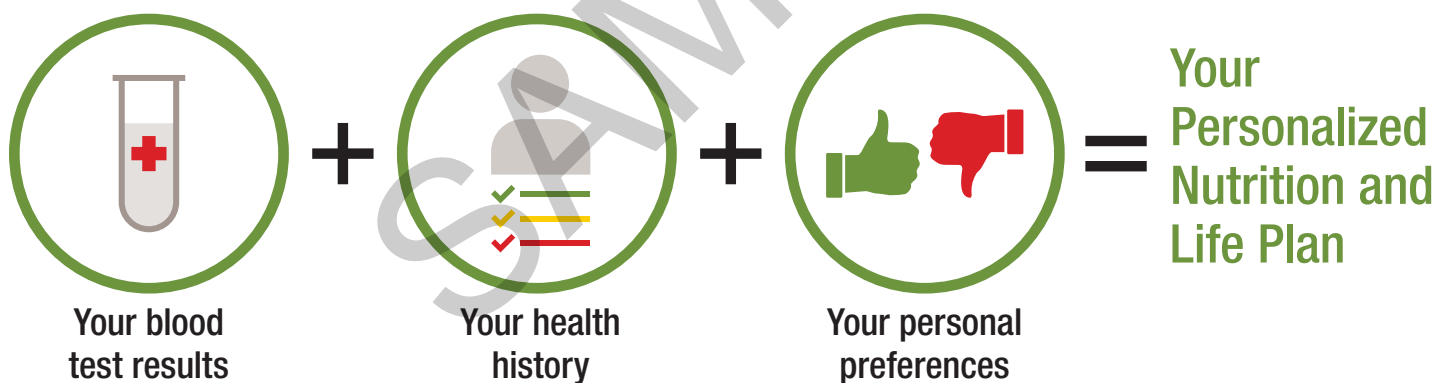
Using the information from these tests, we've created this **personalized** and **scientifically-designed** plan to improve your heart health.

## This plan is all about you

This nutrition and activity plan will help you reach your goals. It's based on your test results, heart health history, and your personal preferences.

### Color key for your plan

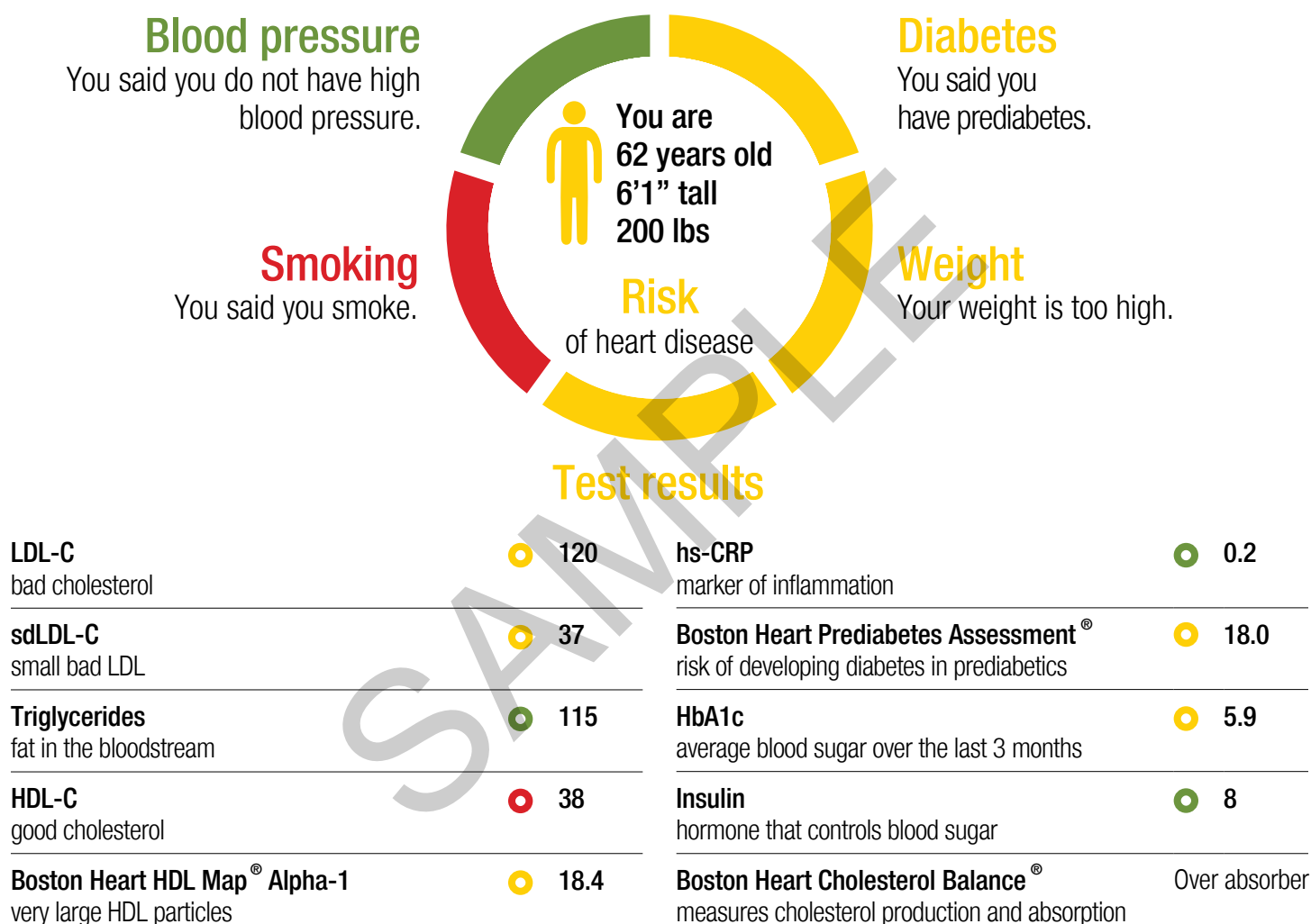
-  Green is Good
-  Yellow is Caution
-  Red is Danger
-  Gray is Not Available



### BOTTOM LINE

This is your plan. Use it to improve your heart health and achieve your goals.

To begin, you told us you want to improve your health and lose weight — even small changes can have a big impact.



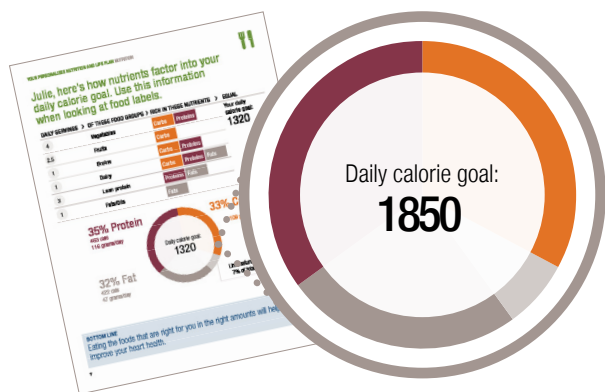
## Some things you can't change that negatively impact your health

You're a male over the age of 45 which puts you at higher risk.

## BOTTOM LINE

Get started by improving your nutrition, quitting smoking, losing weight and reducing stress.

# As you go through your plan, here are 3 simple ways to use the information.



## Your nutrient (proteins, carbs and fats) and calorie goals

Use these goals with food labels and a food journal to plan your meals and balance your nutrients.

VEGETABLES	FRUITS	GRAINS
4 1 cup servings	4 1 cup servings	1 1/2 cup or 1 oz dry servings
Any green or leafy Cabbage* Carrot* Eggplant Green or yellow beans* Mushrooms* Pumpkin* Sweet potatoes*	Apple* Berries* Grapefruit* Oranges* Peach* Pear* Tangerine*	Amaranth* Barley* Bulgur* Farro* Quinoa* Rye* Speltz* Triticale* Whole wheat*

## Your list of great, OK, and limit foods

Use this list as your guide to choosing the right foods and measuring the right serving sizes for you.

Day	Meal	Snack
Day 1	Tomato and Feta Stuffed Peppers (1 1/2 servings)	Tzatziki Sauce (1 serving)
Day 2	garden salad 1 c.	vinaigrette* 1 1/2 T.
Day 3	unsweetened almond milk 1 c.	

## Your personalized menu

This menu puts it all together into a week's worth of meals and snacks.

Use this menu to eat the right foods to hit your calorie, serving size and nutrient targets.

### BOTTOM LINE

This is your plan — use the information in a way that works best for you.

# Daniel, these are your personalized calorie, nutrition, weight and activity goals.

## Calorie goal

Aim to eat an average of **1850 calories per day**

## Nutrition goals

Saturated Fat — **Limit to 12 grams per day**

*Because saturated fat can raise bad cholesterol*

Sodium — **Aim for 1500-2300 mg per day\***

*Because limiting sodium is most beneficial after age 50*

Cholesterol — **Aim for less than 200 mg per day**

*Because you absorb too much cholesterol*

Fiber — **Aim for at least 25 grams per day**

*Because fiber helps lower your risk for heart disease*

Added Sugar — **Aim for less than 9 tsp per day**

*Because limiting added sugar is good for your heart health*

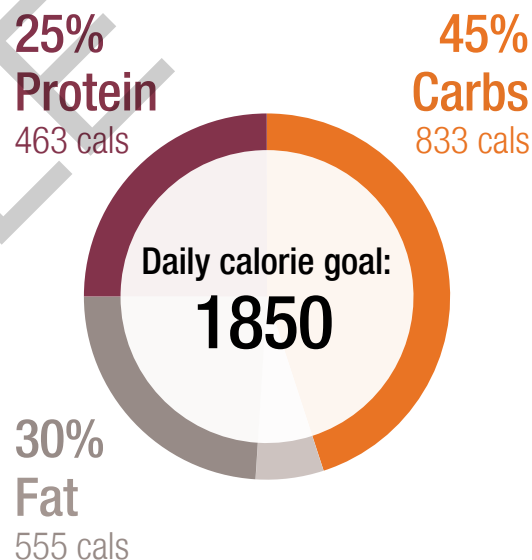
Omega-3 — **Eat fish rich in Omega-3 at least twice per week**

*Because fish oil reduces heart disease risk*

Meals — **Eat breakfast lunch dinner and 1 snack per day**

\*Check with your healthcare provider to determine your sodium limit

## Nutrient breakdown



## Weight goal

You said you want an **aggressive weight loss plan.**

Your current weight is

**200 pounds**

With this plan, you could lose

**18-22 pounds  
in 6 months**

## Activity goals

These recommendations are based on **your current activity level.**

Start today

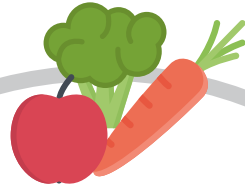
**Add 10 min of activity a day**

Build up to

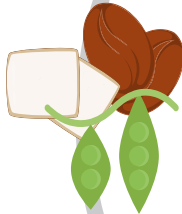
**30 min a day, 5 days a week**

# It's important to eat a healthy balance of proteins, carbs and fats.

**Carbs**— fresh fruit and vegetables, brown rice, quinoa and steel cut oats



**Plant-based protein**— tofu, beans, lentils, soy and whole grains



Proteins, carbs and fats all provide energy to fuel your body. Use your food list to choose high quality, whole foods that you enjoy.

**Animal protein**— chicken, turkey, beef, pork, fish, shellfish, eggs, yogurt and cheese



**Healthy fats**—nuts, seeds, natural nut butter, avocado and extra virgin olive oil



**Proteins**—Healthy proteins help keep you feeling full. Your body uses proteins to build muscle and repair damaged tissue.

**Carbs**—Healthy carbs give you the energy you need each and every day. Carbs promote good health by delivering vitamins, minerals and fiber to your body.

**Fats**—Healthy fats are a major fuel source for your body and the main way you store energy. Fats give your cells structure and are important to nerve, brain and heart function.

# Here, we've converted your nutrition plan into a list of great, OK and limit foods.

Aim to eat most of your servings from the **GREAT** and **OK** foods.

	VEGETABLES	FRUITS	GRAINS	DAIRY	PROTEIN	FAT/OIL
EAT	<b>4</b> 1 cup servings	<b>4</b> 1 medium or 1 cup servings	<b>4</b> 1/2 cup cooked or 1 oz dry servings	<b>3</b> 1 cup or 1 oz (cheese) servings	<b>3</b> 3 oz cooked servings	<b>1.5</b> 1 Tbsp or 1 oz seeds, nuts, nut butter servings
GREAT FOODS	any green or leafy vegetables beans (kidney, etc.) cabbage carrot chick peas hummus eggplant lentils mushrooms pepper sweet potato, yam tomato	apples banana berries canned fruit in juice citrus grapes kiwi melon peaches pears pineapple	bulgur bran cereal whole grains (barley, quinoa, etc.) oats, rolled popcorn (air popped) sprouted whole grain bread whole grain pasta or noodles wheat germ	almond milk, unsweetened Greek yogurt, low-fat, plain kefir, low-fat, plain low-fat cheese skim or 1% milk soy milk, plain yogurt, low-fat or light	chicken breast no skin egg whites or egg sub fish lean chicken sausage lean turkey sausage protein powder tenderloin, beef tenderloin, pork turkey breast no skin vegetable burgers 95% lean meat	avocado natural nut butter nuts seeds chia flax pumpkin sesame sunflower tahini, sesame paste
OK FOODS	potatoes (red, white, gold) vegetables, stir fried	canned fruit in light syrup dried fruit 100% grapefruit juice 100% orange juice	grits or polenta white rice white pasta whole grain cereal whole wheat crackers whole grain tortillas 100% whole grain bread	flavored yogurt, low-fat, non-fat kefir, low-fat, flavored low-fat, no sugar desserts low-fat or part skim cheese 2% cheese 2% milk	chicken, dark meat, no skin falafel turkey, dark meat, no skin vegetable burgers, soy 90-94% lean ground meat	mayonnaise plant-based oils vinaigrette dressing
LIMIT FOODS	French fries fried vegetables instant mashed potatoes potato chips vegetables in creamy sauce	canned fruit in heavy syrup fruit drinks fruit juice sweetened dried fruits	cereals, not whole grain muffins or pastries oatmeal, sweetened salty snacks sweet cereals white bread or rolls flour tortillas	cheese, full fat creamy soups frozen yogurt ice cream sweetened milks whole milk	bacon or pork sausage egg yolk or whole egg fried chicken fried fish fried meats meat < 90% lean chicken skin turkey skin	bacon grease, lard butter or ghee cream sour cream cream cheese margarine dark chocolate non-dairy creamer

# Still not sure what to eat? This 7-day menu combines your food preferences, nutrition plan and goal of 1850 calories per day.

You can even swap meals or use other foods from your food list.

	DAY 1	DAY 2	DAY 3	DAY 4
<b>Breakfast</b>	<b><u>Fruited Breakfast Wrap</u></b> (2 servings) non-fat Greek yogurt 3/4 c. nuts* 2 T.	<b><u>Seed Granola</u></b> (1 1/2 servings) low-fat yogurt 1 c. fresh fruit 1 c.	<b><u>Mini Egg Frittata</u></b> (1 serving) whole wheat toast 2 slices avocado 3 T. fresh fruit 1 1/2 c. unsweetened almond milk 1 c.	<b><u>Spiced French Toast</u></b> (1 serving) fresh fruit 1/2 c. unsweetened almond milk 1/2 c.
<b>Lunch</b>	<b><u>Slow Cooker Chili</u></b> (1 serving) topped with: low-fat cheese, shredded 1/4 c. avocado 1/2 each fresh fruit 2 c.	<b><u>Healthy Burger</u></b> (1 serving) garden salad 2 c. light vinaigrette* 1 T. fresh fruit 2 c. unsweetened almond milk 1 1/2 c.	<b><u>Stir Fry with Vegetables</u></b> (1 serving) brown rice, cooked 1 c. garden salad 2 c. vinaigrette* 2 T.	<b><u>Mediterranean Pita Pocket</u></b> <b><u>Tabbouleh Salad</u></b> (2 servings) whole wheat pita bread 1 large hummus* 3 T. low-fat cheese 2 oz. fresh fruit 1 c.
<b>Dinner</b>	<b><u>Broccoli Mac &amp; Cheese</u></b> (2 servings) choice of vegetable 2 c. sautéed in: oil 1 t. fresh fruit 1 1/2 c.	<b><u>Tomato and Feta Stuffed Peppers</u></b> (1 1/2 servings) <b><u>Tzatziki Sauce</u></b> (1 serving) garden salad 1 c. vinaigrette* 1 1/2 T. unsweetened almond milk 1 c.	<b><u>Pasta with Meat Sauce</u></b> <b><u>Meat Sauce</u></b> (1 serving) whole wheat pasta, cooked 2 c. choice of vegetable 2 c. sautéed in: oil 1 T.	<b><u>Oven Fried Catfish</u></b> (1 1/2 servings) brown rice, cooked 1 1/2 c. choice of vegetable 1 c. sautéed in: oil 2 t.

\* Choose low sodium options

c. = cup T. = tablespoon t. = teaspoon oz. = ounce





# Recipes are available at [mybostonheart.com/recipes](http://mybostonheart.com/recipes).

All recipes have been created by our Registered Dietitians.

**Choose 1** snack from the list to meet your calorie goals and drink plenty of water each day.

## DAY 5

### Breakfast Bran Muffin

(2 servings)  
fresh fruit 1 c.  
unsweetened soy milk 3/4 c.

### Quinoa Chicken & Vegetable Soup

(1 serving)  
garden salad 2 c.  
vinaigrette\* 2 T.  
fresh fruit 2 c.

### Meatloaf

(1 serving)  
choice of vegetable 1 c.  
sautéed in:  
oil 2 t.  
quinoa, cooked 1 1/2 c.

## DAY 6

### Green Pineapple Smoothie

pineapple 1 1/4 c.  
baby spinach 1 c.  
avocado 1/2 c.  
non-fat Greek yogurt 3/4 c.

### Snack Lunch

whole grain crackers\* 2 oz.  
nuts\* 3 T.  
choice of raw vegetable 2 c.  
hummus\* 1/4 c.  
hard boiled egg whites 2 each  
fresh fruit 1 c.

### Kabobs

(1 serving)  
wild rice, cooked 1/2 c.  
choice of vegetable 1 c.  
sautéed in:  
oil 1 t.

## DAY 7

### Oatmeal Pancakes

(2 servings)  
low-fat milk 1/2 c.

### Pita Sandwich

turkey breast\* 3 oz.  
choice of vegetable 1/2 c.  
mayonnaise 1 T.  
whole wheat pita bread 1 large  
fresh fruit 1 1/2 c.  
unsweetened almond milk 1 1/2 c.

### Taco Salad

extra-lean ground beef 3 oz.  
taco seasoning\* 1 T.  
salad veggies 2 c.  
brown rice, cooked 1 1/2 c.  
vinaigrette\* 2 T.

## SNACKS

### **Option 1**

Rice Pudding (1 serving)

### **Option 2**

nuts\* 1 oz.

### **Option 3**

low-fat yogurt 3/4 c.  
fresh fruit 1 c.

### **Option 4**

choice of raw vegetable 1 c.  
guacamole 1/4 c.

### **Option 5**

low-fat cheese 1 oz.  
whole grain crackers\* 1 oz.

### **Option 6**

fresh fruit 1 c.  
natural nut butter\* 1 T.

### **Option 7**

Tzatziki Sauce (2 servings)  
choice of raw vegetable 1 c.

## BEVERAGES

Drink at least 6 cups of water and limit alcohol to 0-2 drinks per day.



# These tools and tips will help you succeed anytime and anywhere.

## No measuring cups around?

Here's how to measure your serving sizes with your hands.



1 cup  
Fist



3 oz  
Palm



1 oz  
Thumb



1 Tbsp  
Thumb tip



1 tsp  
Finger tip

## Grabbing something from the store?

Use nutrition labels to keep track of calories and grams.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
12%	<b>Total Fat</b> 8g
5%	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
0%	<b>Cholesterol</b> 0mg
7%	<b>Sodium</b> 160mg
12%	<b>Total Carbs</b> 37g
14%	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
10%	<b>Vitamin D</b> 2mcg

## Making your own meal?

Use your heart healthy recipes on [mybostonheart.com](http://mybostonheart.com).

**Stuffed Mushrooms**

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diagnostics

Servings: 4 (1 stuffed mushroom)

**Preparation**

- Preheat oven to 400°F. Place the butternut squash on a large baking sheet and drizzle with one tablespoon of the olive oil. Season with black pepper to taste. Roast for 25-30 minutes, stirring occasionally, until the squash is tender. Remove from oven and set aside.
- Heat the remaining olive oil over medium-high heat in a large skillet. Add shallot and garlic and cook for 2-3 minutes, stirring occasionally. Add the kale and thyme. Cook until kale is tender, about 5-6 minutes. Stir in the cooked rice, dried cranberries, and 1 1/4 cups of the butternut squash. You might have leftover squash. Use it in another meal.
- Reduce oven temperature to 350°F. Place the large baking sheet with cooking mushrooms on top of the skillet. Bake the mushrooms caps with the filling for 10-12 minutes, until the mushrooms are gill-sides up.

**Ingredients**

- 1 small butternut squash, peeled, seeded and chopped into 1/2 inch cubes
- 2 tablespoons olive oil, divided
- 1 small shallot, minced
- 2 garlic cloves, minced
- 2 cups kale, finely chopped
- 1 teaspoon dried thyme
- 1 cup cooked brown and wild rice blend
- 1/3 cup dried cranberries
- 4 portabella mushrooms, stemmed
- Black pepper to taste

Substitutions: barley\* or wheat berries\* for wild rice  
\*contains gluten

12%	<b>Total Fat</b> 8g
5%	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
0%	<b>Cholesterol</b> 0mg
7%	<b>Sodium</b> 160mg
12%	<b>Total Carbs</b> 37g
14%	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g

Nutrition Facts Per Serving	
Calories	209
Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	32g
Fiber	5g
Protein	5g

## Reach your health goals the SMART way.

SMART goals are specific, measurable, attainable, realistic and time-based goals that you can set to achieve your long-term health goals.

# SMART

### **SPECIFIC**

Make your goal as specific as possible—the more detailed your goal the better. Spell out the what, where, when and with whom for your goals.

### **MEASURABLE**

Decide how you will know when you've met your goal. If your goal is measurable, you'll be able to answer the questions, "How much?" or "How many?".

### **ATTAINABLE**

Determine what needs to be in place in order for you to reach your goal. You may need to adjust your routine, develop skills or adopt a certain attitude to achieve your goal.

### **REALISTIC**


Check in with yourself to make sure that you believe you can achieve your goal. If your goal seems unachievable, you may need to break it into smaller goals to make it more realistic.

### **TIMELY**

Put a time frame on your goal. How long do you want to give yourself to achieve it? The time frame should be long enough to give yourself time to try the behavior change, but not so long that you risk putting off your goal.


# Daniel, you're moderately active — keep it up.

Here's a plan to work up to the national guidelines for a healthy heart of **150 minutes per week**.







Start today

Add 10 minutes of activity a day



Build up to

30 minutes a day, 5 days a week

	YOUR PREFERRED ACTIVITIES	CALORIES BURNED PER 30 MIN	BENEFITS
CARDIOVASCULAR	 Walking	190	Builds endurance for daily activities, gives you more energy, improves balance, makes your heart strong
	 Hiking	381	
	 Biking	381	
STRENGTH	 Strength training	204	Gives you more strength, maintains your muscles, keeps bones strong, improves balance

Talk with your healthcare provider before you begin an activity routine.

**BOTTOM LINE**  
You are on track. Keep working toward your long-term goal.

## Take your activity to the next level.

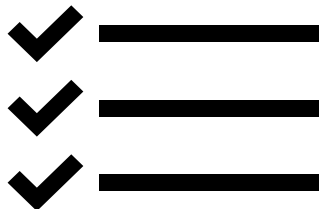
You should consult your healthcare provider before starting any fitness program to determine if it is a safe activity for you.



### 1 FIND AN ACTIVITY YOU ENJOY.

- You are more likely to do the activity regularly when it is one that you like to do.
- Try a new exercise class, use different cardio or weight machines or go on a walk or hike with a friend.

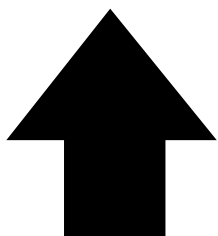
**Tip:** Change up your routine to keep yourself engaged and motivated.



### 2 BE REALISTIC ABOUT YOUR ACTIVITY GOALS.

- Be flexible with your goal and reassess your goal if it is not working for you.
- Establish a daily routine that makes it easier to incorporate regular physical activity.

**Tip:** Set a specific activity goal. For example, instead of “I will start walking more”, try “I am going to walk three times a week”.



### 3 CHALLENGE YOURSELF TO HELP IMPROVE YOUR FITNESS LEVEL.

- Intensity is how hard you work doing an exercise.
- Use the “talk test” when exercising to measure the intensity.
  - Mild—able to talk and sing
  - Moderate—you can talk but not sing
  - Vigorous—you can say a few words without pausing for breath

**Tip:** Aim for moderate intensity if you are just getting started. Remember to warm up and cool down when doing any exercise.

## Consider putting these positive lifestyle behaviors into action, beginning with one area at a time.

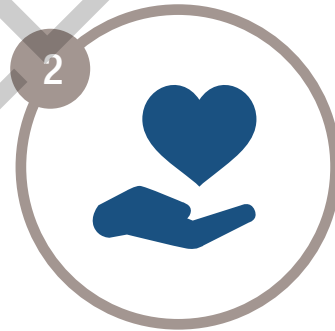


### PRACTICE STRESS RELIEF

Stress can be harmful to your overall health. Try to keep things in perspective. Stress often comes from your response to the things that are happening around you. Try some coping techniques such as deep breathing exercises or taking a walk outside.

### MAINTAIN SOCIAL RELATIONSHIPS

Ask a friend or family member to meet you for a cup of coffee or a meal, join a club, rekindle a friendship or consider volunteering.



### GET SUFFICIENT SLEEP

Sleep is necessary for your body and your heart to function normally. Adults are recommended to have seven to nine hours of sleep each night. If you are having trouble sleeping, consider establishing a nighttime routine, limit screen time, alcohol and caffeine consumption.

### INCLUDE LEISURE TIME

Make it a routine to do some things that you enjoy such as a favorite hobby or activity. If you currently don't have a hobby, try something new.



## Achieve and maintain your goals with a Boston Heart health coach.

### Put your plan into action by partnering with a Registered Dietitian.

A Registered Dietitian is a certified health professional and nutrition expert who can help you:

- Set realistic goals that are achievable, easy to maintain and that make a big impact.
- Incorporate healthy habits that you like, so you are able to fit them into your everyday routine.
- Understand how your test results play a part in the lifestyle actions you need to improve your health.

### Did you know?

People working with a Registered Dietitian achieve their goals faster.

Average Number of Pounds Lost Within Six Months<sup>1</sup>



No Coaching



In Person Coaching



Phone Coaching

Our Registered Dietitians are available by phone. To select a coach and purchase a package go to [mybostonheart.com](https://mybostonheart.com) or call **877.425.1252 option 4.**

1. Appel LJ, Clark JM, Yeh HC, et al. Comparative effectiveness of weight-loss interventions in clinical practice. N Engl J Med. 2011;365(21):1959-1968.



# Follow your personalized nutrition and life plan to improve these test results.

Maintaining a healthy weight, eating the right amount of healthy proteins, carbs and fats, and being physically active can have a big impact on your test results. Below is a list of specific recommendations for you.

TEST	RESULTS	GOAL	LIFESTYLE ACTION
<b>YOU CAN IMPROVE THESE TEST RESULTS</b>			
LDL-C	120	Lower to less than 100	Limit saturated fat to 12 grams per day, cholesterol to 200 mg per day, and have at least 25 grams per day of fiber.
sdLDL-C	37	Lower to less than 20	Keep your healthy carbs to 45%, limit saturated fat to 12 grams per day, and be physically active.
HDL-C	38	Raise to greater than 50	Aim to lose 18-22 pounds in 6 months, keep your healthy carbs to 45%, and stop smoking.
Boston Heart HDL Map <sup>®</sup> Alpha-1	18.4	Raise to greater than 20	Aim to lose 18-22 pounds in 6 months, keep your healthy carbs to 45%, aim for less than 9 tsp per day of added sugar, and be physically active.
Boston Heart Prediabetes Assessment <sup>®</sup>	18.0	Lower to less than 10	Aim to lose 18-22 pounds in 6 months, follow your nutrition goals, and be physically active.
HbA1c	5.9	Lower to less than 5.7	Aim to lose 18-22 pounds in 6 months, follow your nutrition goals, and be physically active.
Boston Heart Cholesterol Balance <sup>®</sup>	Over absorber		Limit saturated fat to 12 grams per day, cholesterol to 200 mg per day, and have at least 25 grams of fiber per day.

<b>YOU ARE ON TRACK WITH THESE TEST RESULTS</b>			
Triglycerides	115	Maintain at less than 150	
hs-CRP	0.2	Maintain at less than 1.0	Your results look good. Follow your plan to stay in the green.
Insulin	8	Maintain at less than 15	



# Fats are not all bad — the right balance and types of fats in your diet are important for your heart health.

TEST	RESULTS	GOAL	GOOD CHOICES FOR YOU
Saturated Fat Index (%)	32.3	Lower to less than 30.0	Low-fat dairy, leanest meats, poultry and fish; replace butter or cheese with natural nut butter, almonds, avocado or plant-based oils.
Trans Fat Index (%)	0.52	Maintain at less than 0.80	Avoid hydrogenated or trans fat (shortening, frosting, stick margarine, packaged sweets, and non-dairy creamer).
Monounsaturated Fat Index (%)	22.9	Maintain at greater than 22.0	Healthy fat such as natural nut butter, almonds, avocado or plant-based oils.
Unsaturated/Saturated Ratio Index	2.05	Raise to greater than 2.25	Natural nut butter, unsalted nuts, seeds, avocado, plant-based oils and eat less animal or dairy fat (fatty meat, cheese, ice cream and butter).
Omega-3 Fatty Acid (%)	3.35	Raise to greater than 4.50	
EPA	26.4	Raise to greater than 50.0	Fish rich in Omega-3 such as salmon, sardines, herring, tuna, or mackerel, or take fish oil, DHA, or EPA capsules daily.
DHA	68.1	Raise to greater than 100.0	
ALA	21.8	Raise to greater than 30.0	Walnuts, chia seeds, ground flaxseeds and plant-based oils rich in ALA.

\*If you eat 2 servings or less of fish high in Omega-3 fat per week, talk with your healthcare provider about whether a fish oil, EPA or DHA supplement is right for you.

## DID YOU KNOW?

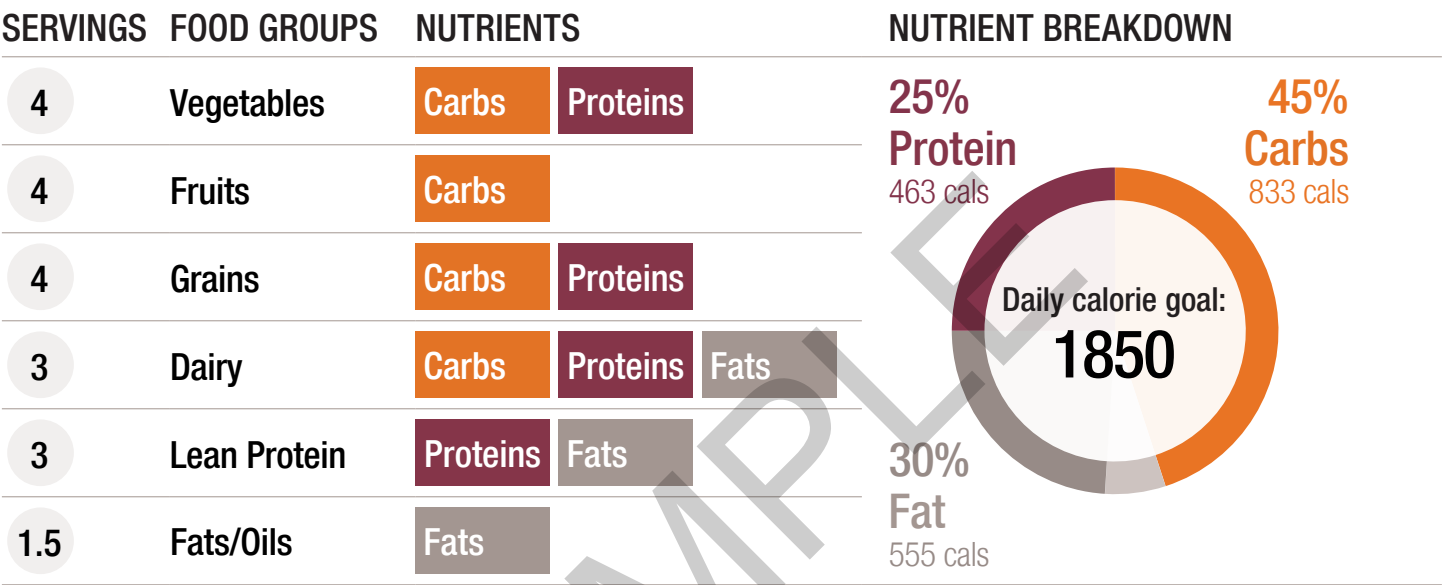
- **Saturated Fat** makes your arteries unhealthy and too stiff.
- **Trans Fat** damages and inflames your arteries.
- **Unsaturated Fat** keeps your arteries healthy and flexible.

## BOTTOM LINE

Fats can be good, bad or ugly. Follow the advice in the good choices column about the types and amounts of fats you should eat.

# Daniel, here's the summary of your plan.

## Nutrition and calorie goals



## Weight goal

You said you want an aggressive weight loss plan.

Your current weight is **200 pounds**

With this plan, you could lose **18-22 pounds in 6 months**

## Activity goals

These recommendations are based on **your current activity level.**

Start today **Add 10 min of activity a day**

Build up to **30 min a day, 5 days a week**

## NEXT STEPS

- Purchase a coaching package with a Registered Dietitian.
- Create an action plan to help you set and reach your health goals.
- Eat the right foods for you and get active.

# Meet the experts behind the Boston Heart Lifestyle Program



## **ERNST SCHAEFER, MD**

- Co-founder and Chief Medical Officer of Boston Heart Diagnostics
- Distinguished University Professor at Tufts University School of Medicine
- Senior Scientist in the Cardiovascular Nutrition Laboratory in Boston, MA
- Received his education at Harvard College and Mount Sinai School of Medicine



## **MICHAEL DANSINGER, MD**

- Boston Heart Lifestyle Program Medical Director
- Nationally recognized authority on dietary and lifestyle counseling
- Director of the Diabetes Reversal Program at Tufts Medical Center, achieving 25% disease reversal in diabetes patients
- Council of Directors member for the True Health Initiative



## **JOI GLEASON MS, RD, LDN**

- Boston Heart Lifestyle Program Lead Dietitian
- Registered, Licensed Dietitian with over 20 years of experience in nutrition counseling and education
- Certified Health and Wellness Coach
- Former Tufts University Senior Research Nutritionist
- Former Tufts Medical Center Clinical Outpatient Dietitian

SAMPLE

