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

Your blood test results + Your health history + Your personal preferences = Your Personalized Nutrition and Life Plan

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.

**Blood pressure**
You said you do not have high blood pressure.

**Diabetes**
You said you have prediabetes.

**Smoking**
You said you smoke.

**Weight**
Your weight is too high.

**Risk of heart disease**

**Test results**

<table>
<thead>
<tr>
<th>Test</th>
<th>Value</th>
<th>Marker/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LDL-C</td>
<td>120</td>
<td>bad cholesterol</td>
</tr>
<tr>
<td>sdLDL-C</td>
<td>37</td>
<td>small bad LDL</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>115</td>
<td>fat in the bloodstream</td>
</tr>
<tr>
<td>HDL-C</td>
<td>38</td>
<td>good cholesterol</td>
</tr>
<tr>
<td>Boston Heart HDL Map® Alpha-1</td>
<td>18.4</td>
<td>very large HDL particles</td>
</tr>
<tr>
<td>hs-CRP</td>
<td>0.2</td>
<td>marker of inflammation</td>
</tr>
<tr>
<td>Boston Heart Prediabetes Assessment®</td>
<td>18.0</td>
<td>risk of developing diabetes in prediabetics</td>
</tr>
<tr>
<td>HbA1c</td>
<td>5.9</td>
<td>average blood sugar over the last 3 months</td>
</tr>
<tr>
<td>Insulin</td>
<td>8</td>
<td>hormone that controls blood sugar</td>
</tr>
<tr>
<td>Boston Heart Cholesterol Balance®</td>
<td></td>
<td>measures cholesterol production and absorption</td>
</tr>
</tbody>
</table>

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.

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.

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Goal</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>Limit to 12 grams per day</td>
<td>Because saturated fat can raise bad cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
<td>Aim for 1500-2300 mg per day*</td>
<td>Because limiting sodium is most beneficial after age 50</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Aim for less than 200 mg per day</td>
<td>Because you absorb too much cholesterol</td>
</tr>
<tr>
<td>Fiber</td>
<td>Aim for at least 25 grams per day</td>
<td>Because fiber helps lower your risk for heart disease</td>
</tr>
<tr>
<td>Added Sugar</td>
<td>Aim for less than 9 tsp per day</td>
<td>Because limiting added sugar is good for your heart health</td>
</tr>
<tr>
<td>Omega-3</td>
<td>Eat fish rich in Omega-3 at least twice per week</td>
<td>Because fish oil reduces heart disease risk</td>
</tr>
<tr>
<td>Meals</td>
<td>Eat breakfast lunch dinner and 1 snack per day</td>
<td></td>
</tr>
</tbody>
</table>

*Check with your healthcare provider to determine your sodium limit

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.

**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.

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

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

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

**Plant-based protein**— tofu, beans, lentils, soy and whole grains
YOUR PERSONALIZED NUTRITION AND LIFE PLAN

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.

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>GRAINS</th>
<th>DAIRY</th>
<th>PROTEIN</th>
<th>FAT/OIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAT</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>3.0</td>
</tr>
<tr>
<td></td>
<td>1 cup</td>
<td>1 medium or 1 cup servings</td>
<td>1/2 cup cooked or 1 oz dry servings</td>
<td>1 cup or 1 oz (cheese) servings</td>
<td>3 oz cooked servings</td>
</tr>
</tbody>
</table>

**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
- 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
- cream cheese margarine
- dark chocolate
- non-dairy creamer
YOUR PERSONALIZED NUTRITION AND LIFE PLAN

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.

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

* Choose low sodium options

**c.** = cup **T.** = tablespoon **t.** = teaspoon **oz.** = ounce
Recipes are available at mybostonheart.com/recipes.

All recipes have been created by our Registered Dietitians.

<table>
<thead>
<tr>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast Bran Muffin</strong></td>
<td><strong>Green Pineapple Smoothie</strong></td>
<td><strong>Oatmeal Pancakes</strong></td>
</tr>
<tr>
<td>(2 servings)</td>
<td>pineapple 1 1/4 c. baby spinach 1 c.</td>
<td>(2 servings)</td>
</tr>
<tr>
<td>fresh fruit 1 c.</td>
<td>avocado 1/2 c.</td>
<td>low-fat milk 1/2 c.</td>
</tr>
<tr>
<td>unsweetened soy milk 3/4 c.</td>
<td>non-fat Greek yogurt 3/4 c.</td>
<td></td>
</tr>
<tr>
<td><strong>Quinoa Chicken &amp; Vegetable Soup</strong></td>
<td>whole grain crackers* 2 oz.</td>
<td><strong>Pita Sandwich</strong></td>
</tr>
<tr>
<td>(1 serving)</td>
<td>nuts* 3 T.</td>
<td>turkey breast* 3 oz.</td>
</tr>
<tr>
<td>garden salad 2 c.</td>
<td>choice of raw vegetable 2 c.</td>
<td>mayonnaise 1 T.</td>
</tr>
<tr>
<td>vinaigrette* 2 T.</td>
<td>hummus* 1/4 c.</td>
<td>whole wheat pita bread 1 large</td>
</tr>
<tr>
<td>fresh fruit 2 c.</td>
<td>hard boiled egg whites 2 each</td>
<td>fresh fruit 1 1/2 c.</td>
</tr>
<tr>
<td><strong>Meatloaf</strong></td>
<td></td>
<td>unsweetened almond milk 1 1/2 c.</td>
</tr>
<tr>
<td>(1 serving)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>choice of vegetable 1 c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sautéed in:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>oil 2 t.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>quinoa, cooked 1 1/2 c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kabobs</strong></td>
<td></td>
<td><strong>Taco Salad</strong></td>
</tr>
<tr>
<td>(1 serving)</td>
<td></td>
<td>extra-lean ground beef 3 oz.</td>
</tr>
<tr>
<td>wild rice, cooked 1/2 c.</td>
<td></td>
<td>taco seasoning* 1 T.</td>
</tr>
<tr>
<td>choice of vegetable 1 c.</td>
<td></td>
<td>salad veggies 2 c.</td>
</tr>
<tr>
<td>sautéed in:</td>
<td></td>
<td>brown rice, cooked 1 1/2 c.</td>
</tr>
<tr>
<td>oil 1 t.</td>
<td></td>
<td>vinaigrette* 2 T.</td>
</tr>
<tr>
<td><strong>Snack Lunch</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>whole grain crackers* 2 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>nuts* 3 T.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>choice of raw vegetable 2 c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>hummus* 1/4 c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>hard boiled egg whites 2 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fresh fruit 1 c.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Choose 1 snack from the list to meet your calorie goals and drink plenty of water each day.**

<table>
<thead>
<tr>
<th>SNACKS</th>
<th>BEVERAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option 1 Rice Pudding (1 serving)</td>
<td>Drink at least 6 cups of water and limit alcohol to 0-2 drinks per day.</td>
</tr>
<tr>
<td>Option 2 nuts* 1 oz.</td>
<td></td>
</tr>
<tr>
<td>Option 3 low-fat yogurt 3/4 c.</td>
<td></td>
</tr>
<tr>
<td>fresh fruit 1 c.</td>
<td></td>
</tr>
<tr>
<td>Option 4 choice of raw vegetable 1 c. guacamole 1/4 c.</td>
<td></td>
</tr>
<tr>
<td>Option 5 low-fat cheese 1 oz.</td>
<td></td>
</tr>
<tr>
<td>whole grain crackers* 1 oz.</td>
<td></td>
</tr>
<tr>
<td>Option 6 fresh fruit 1 c.</td>
<td></td>
</tr>
<tr>
<td>natural nut butter* 1 T.</td>
<td></td>
</tr>
<tr>
<td>Option 7 Tzatziki Sauce (2 servings)</td>
<td>choice of raw vegetable 1 c.</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
These tools and tips will help you succeed anytime and anywhere.

Grabbing something from the store?
Use nutrition labels to keep track of calories and grams.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Fist</td>
</tr>
<tr>
<td>3 oz</td>
<td>Palm</td>
</tr>
<tr>
<td>1 oz</td>
<td>Thumb</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Thumb tip</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Finger tip</td>
</tr>
</tbody>
</table>

No measuring cups around?
Here’s how to measure your serving sizes with your hands.

Making your own meal?
Use your heart healthy recipes on mybostonheart.com.
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.

**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**.

![Timer icon] Start today  
Add 10 minutes of activity a day

![Timer icon] Build up to  
30 minutes a day,  
5 days a week

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

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.

1. **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.

2. **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.

3. **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.

4. **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.

<table>
<thead>
<tr>
<th></th>
<th>Average Number of Pounds Lost Within Six Months¹</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coaching</td>
<td>3 lbs</td>
</tr>
<tr>
<td>In Person Coaching</td>
<td>12.5 lbs</td>
</tr>
<tr>
<td>Phone Coaching</td>
<td>13.5 lbs</td>
</tr>
</tbody>
</table>

Our Registered Dietitians are available by phone. To select a coach and purchase a package go to mybostonheart.com or call 877.425.1252 option 4.

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

#### YOU CAN IMPROVE THESE TEST RESULTS

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

#### YOU ARE ON TRACK WITH THESE TEST RESULTS

<table>
<thead>
<tr>
<th>TEST</th>
<th>RESULTS</th>
<th>GOAL</th>
<th>LIFESTYLE ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triglycerides</td>
<td>115</td>
<td>Maintain at less than 150</td>
<td>Your results look good. Follow your plan to stay in the green.</td>
</tr>
<tr>
<td>hs-CRP</td>
<td>0.2</td>
<td>Maintain at less than 1.0</td>
<td></td>
</tr>
<tr>
<td>Insulin</td>
<td>8</td>
<td>Maintain at less than 15</td>
<td></td>
</tr>
</tbody>
</table>
## 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.

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

*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.
Daniel, here’s the summary of your plan.

**Nutrition and calorie goals**

<table>
<thead>
<tr>
<th>SERVINGS</th>
<th>FOOD GROUPS</th>
<th>NUTRIENTS</th>
<th>NUTRIENT BREAKDOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Vegetables</td>
<td>Carbs, Proteins</td>
<td>25% Protein 463 cals</td>
</tr>
<tr>
<td>4</td>
<td>Fruits</td>
<td>Carbs</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Grains</td>
<td>Carbs, Proteins</td>
<td>45% Carbs 833 cals</td>
</tr>
<tr>
<td>3</td>
<td>Dairy</td>
<td>Carbs, Proteins, Fats</td>
<td>30% Fats 555 cals</td>
</tr>
<tr>
<td>3</td>
<td>Lean Protein</td>
<td>Proteins, Fats</td>
<td></td>
</tr>
<tr>
<td>1.5</td>
<td>Fats/Oils</td>
<td>Fats</td>
<td></td>
</tr>
</tbody>
</table>

**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.
YOUR PERSONALIZED NUTRITION AND LIFE PLAN

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