



The Healthy Heart Miracle Personal Roadmap



SPECIFIC FOOD STRATEGIES

	HIGH BLOOD PRESSURE	HIGH LDL	LOW LDL/ HIGH TRIGLYCERIDES	DIABETIC	OVERWEIGHT	HEALTHY AND I WANT TO STAY THAT WAY	CHECK ALL THAT APPLY TO ME
Eat a wide variety of foods from the DASH Plus Food Lists <i>(see Food Lists)</i>	Yes	Yes	Yes	Yes	Yes	Yes	
Avoid refined carbohydrates (foods made with flour, white rice, milled corn) <i>(see Week 2)</i>	Yes		Yes	Yes	Yes		
Limit refined carbohydrates <i>(see Week 2)</i>		Yes				Yes	
Eat fruits and root vegetables only with other foods, not alone or as snacks <i>(see Week 3)</i>			Yes	Yes	Yes		
Avoid partially hydrogenated oils (trans fats) <i>(see Week 5)</i>	Yes	Yes	Yes	Yes	Yes	Yes	
Avoid saturated fats <i>(see Week 5)</i>	Yes	Yes			Yes		
Limit saturated fats <i>(see Week 5)</i>			Yes	Yes		Yes	
Get “good fats” in whole grains, beans and other seeds, seafood <i>(see Week 5)</i>	Yes	Yes	Yes	Yes	Yes	Yes	
Eat plenty of leafy greens and other vegetables <i>(see Week 2)</i>	Yes	Yes	Yes	Yes	Yes	Yes	

YES

HOW TO USE THIS CHART

Shaded boxes note actions that you should take for various health conditions. To determine which food strategies you need to take, select those conditions that apply to you on the top of the chart and read down the column for specific suggestions.