

# Drop Your Cholesterol and Triglycerides by 30 Points in the Next 30 Days

Which foods increase your cholesterol?

_____	_____
_____	_____
_____	_____

How can you become "heart disease proof?"

_____	_____
_____	_____

List all the "green light foods"

_____	_____
_____	_____
_____	_____
_____	_____