

Start Here

How to use this book?

General Guidelines:

- Consult with your physician before you start any diet program.
- Calorie restriction may not be suitable for people on medications for diabetes.
- Get a complete blood work including cholesterol levels before you start on any diet.
- Do not try to be a weekend warrior.
- This is more about behavioral change toward heart healthy lifestyle than dieting.

- It is more about accepting this as a new life style if you want to look the "NEW-YOU"
- Gradually adjust the calorie count and amount of each food group. Pay special attention to the food quality.
- Don't worry if you don't lose 10 pound during the first week.
- Look for a gradual and steady 2 pound weight loss per week.
- Get periodic check-ups to make sure that you are not deficient in essential nutrients.

Nikam's Diet

- Eat normal foods in the right quantity and proportion using Heart Healthy Choice charts.
- Any extra carbohydrate that you eat is going to be stored as permanent-fat.
- The results may be slow to come. You waited for so many years, so what is the rush.
- Become an educated customer when you eat out.
- You shouldn't be eating-out too much, if you are a heart healthy lifestyle disciple

- Find a friend to share your stories and walk along with you.
- First, take an inventory of your eating habits.
- Then track your course day by day using the Heart Healthy Caloric Balance sheet.
- Gradually reduce your intake according to the guidelines in the Heart Healthy Caloric Balance sheet.
- Enjoy your newly discovered Dream-Image.

- The rest of your life is about living more than dreaming.
- It is time to turn your dream into a reality.
- Keep on counting calories.

Heart Healthy Lifestyles for Working Women and Men

- Choose your calorie intake: 1200, 1500, 1800, or 2000. Consult with your physician.
- Reduce carbohydrate intake to less than 40% the total calories or less 200 grams per day. Choose Lower GI Carbs.
- Keep your fats calories to less than 30% of the total calories. (360-600 calories) or 40-67G per day.
- Reduce solid fats, sweets, butter, and lard. O Lord, help us.
- Proteins: Less than 25-30% of the total calories (360-500) or 90-25G per day.

- Use skim milk instead of regular, 2% or 1% milk.

Nikam's Diet

- Fiber rich products: Fiber one cereal, Raisin Bran, berries, and beans.
- Metamucil 1tbsp with 2-3 glasses of water. (Lowers cholesterol 10-25 points)
- One glass red wine per day (3.5 oz). High in antioxidants
- Two Fish oil capsules 2-3 times a day. Rich in Omega-3-fatty acids

- Flax Seed oil one capsule twice daily. Rich in Omega-3-fatty acids
- Niacin 500 mg 1-3 per day. Reduces cholesterol
- Exercise: walk for 30-45 min per day. Burn at least 300 to 500 calories with aerobic exercise, muscle strengthening, and muscle building exercises.
- Meat: Less than 8 oz/day chicken, turkey, lean meat. Use multigrain products, beans, peas, and veggie patties for extra protein.
- Eat fish twice a week. Salmon, mackerel, trout, tuna, sardines are rich in Omega-3 fatty acids.

- Chicken breast, no skin, grilled-lime pepper, regular, cajun, tandoori, etc..
- Salads with low fat dressings every day.
- Watch comedy channel: Get a sense of humor
- Downsize your belt. Never upsize your belt. Just say NO
- Drink at least 8 glasses of water

- Centrum A-Z multivitamin/mineral complex, one daily
- Aspirin one tab (81 or 325 mg) per day.