

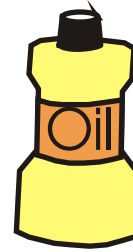


## Eat heart healthy page 2

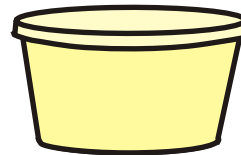
Eat one fat serving per meal.

One fat serving is:

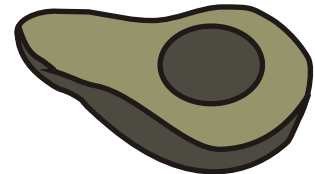
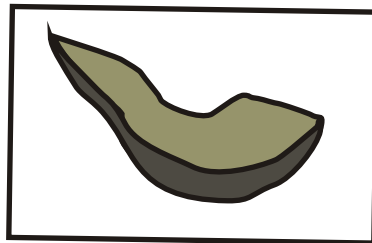
One teaspoon of oil or margarine



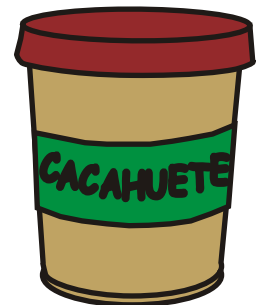
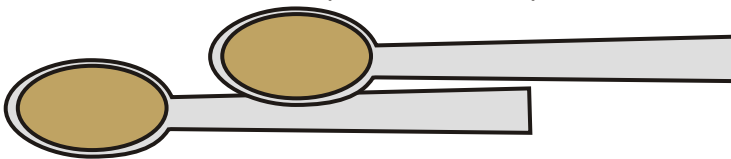
One tablespoon of diet margarine or salad dressing



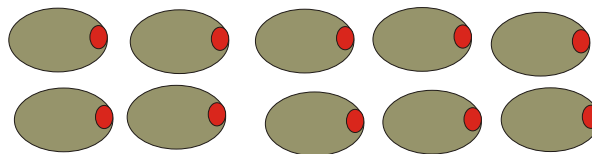
1/8 of an avocado



2 teaspoons of peanut butter



10 olives



\* 1 slice of bacon

\* Don;t use more than once a week.

