I will avoid saturated fats.
Sources of saturated fat include:
- Fatty meat
- Lard
- Palm oil
- Cottonseed oil
- Poultry skin
- Coconut oil
- Butter
- Whole milk
- Palm kernel oil
- Cream

I will read ingredient lists to make sure that the foods I choose do not contain partially hydrogenated oils. These are trans fats.

I will choose healthier sources of fat.
Choose:
- Olive oil
- Nuts
- Canola oil
- Seeds
- Walnut oil
- Avocados

I will eat fatty fish at least two times each week.
The following are fatty fish:
- Salmon
- Bluefish
- Herring
- Tuna
- Mullet
- Lake trout
- Mackerel
- Anchovies
- Sardines

If you do not like fish, take a fish oil supplement that contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Your supplement should provide at least 1 gram (g) day.

I will decrease the amount of sugar that I consume.

I will eat several sources of soluble fiber each day.
Good sources include:
- Citrus fruits
- Prunes
- Barley
- Broccoli
- Apples
- Peaches
- Oats
- Brussels sprouts
- Pears
- Plums
- Legumes
- Carrots

I will increase my intake of foods that contain calcium and vitamin D.
If you do not think that you can get enough calcium and vitamin D from your diet, take a daily supplement.
Good sources of calcium include:
- Milk
- Fortified orange juice
- Fortified cereals
- Dried figs
- Carnation® Instant Breakfast
- Dark-green leafy vegetables
- Broccoli
- Milk products
- Fortified breads
- Beans
- Calcium-fortified tofu
- Ovaltine®
- Canned salmon with bones
- Almonds

I will eat plenty of potassium-rich foods.
These include:
- Potatoes
- Sweet potatoes
- Bananas
- Oranges
- Halibut
- Lima beans
- Tomatoes
- Swiss chard
- Watermelon
- Grapes
- Raisins
- Pistachios
- Parsnips
- Pinto beans
- Spinach
- Milk
- Milk products
- Brussels sprouts
- Prunes
- Cantaloupe
- Lentils

I will commit to consuming more plant stanols/sterols.
I will eat the recommended amount every day.

I will eat more fresh herbs.

I will eat several servings of nuts each week.
The best kinds of nuts are:
- Walnuts
- Almonds
- Brazil nuts
- Pecans
- Pistachios

I will use garlic, onions, and leeks often when preparing food.

I will choose cereals that contain more than 5 g of fiber/serving.
Good choices include:
- Raisin bran
- Grape-Nuts
- Shredded wheat
- Fiber One®