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## Men's Cardiovascular Nutrition Checklist

- Healthy habits established
  - Fiber (25-35 grams/day)
  - Fruits & Veggies (5-8 servings/day)
  - Beneficial Fats - Monounsaturated, Omega-3s (used in place of Detrimental fats)
  - Detrimental Fats - Saturated & Trans-fats (minimized)
  - Calcium (2-3 servings/day)
  - Vitamins / Minerals (Multivitamin taken daily - as needed for most people)
  - Fluids (64 oz. + of non-caffeinated, non-alcoholic fluid per day)
  - Minimal/Healthy Alcohol Consumption (no more than 2 drinks/day)
  
- Healthy Pattern of eating
  - Appropriate Calorie level
  - Includes Breakfast
  - Refined carbs/Sugar/Sweets Controlled (focus on whole grains and whole foods)
  - Meal plan created, if needed
  - Feels in control of food choices and eating habits
  - Content with food options and variety
  
- Lifestyle Habits (smoking, adequate sleep, etc.)
  - Exercise (at least 30 minutes cardiovascular exercise 5x/week)
  - Adequate Sleep (7+ hours sound sleep per night)
  - Smoking Cessation, if needed
  - Stress Relief (as needed)
  
- Weight Goals Achieved
- Health Goals Achieved