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## HEART SMART NUTRITION

Are you confused about the mixed messages you hear about cholesterol, triglycerides, saturated, and trans fats plus total fat in the diet? Is there such a thing as “Good Cholesterol?” Do you want to learn more about how dietary fat, saturated fat, cholesterol and sugars relate to heart disease? If so, I highly encourage you to sign up for the **Heart Smart** Mailout Series.

The **Heart Smart** Mailout Series is designed to help you understand the relationship of nutrition, weight maintenance, and regular physical activity to heart disease. Don't you want to learn ways to reduce the risk factors of high blood cholesterol and triglyceride levels for your own sake and that of your loved ones? Hopefully, the more you discover about *coronary heart disease* and the methods to control it, the better your health will become. You will learn how to aim for fitness, build a healthy base, and choose sensibly for good health the USDA Dietary Guidelines way!

*This series will begin on June 2, 2008.* You will receive in the mail one lesson per week for seven weeks. Each lesson is full of wonderful information and tips to become more **Heart Smart**. Please call me at 903/473-5000, ext. 160 and request your name to be added to our Mailout Series. Call me soon so you won't miss this opportunity to become **Heart Smart**.

This Mailout Lesson Series was revised by Mary Kinney Bielowicz, Ph.D., R.D., M.S., L.D., C.F.C.S., Regents Fellow, Professor and Extension Nutrition Specialist, Texas AgriLife Extension Service, The Texas A&M University System, 2008.

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