



## OUR HEALTHY HEART™

DISEASE MANAGEMENT FROM ATHEROTECH®

TAKE CONTROL OF YOUR HEALTH



ATHEROTECH®  
DIAGNOSTICS LAB



## OUR HEALTHY HEART™

DISEASE MANAGEMENT FROM ATHEROTECH®

YOUR HEART PARTNER™

You can talk with Atherotech's Cardiovascular Risk Reduction Educators (CREs) regularly to help you stay on track toward healthy choices. The topics for your individual meetings with your CRE may include:

- What Your VAP Means to You
- The Fats of Life
- Read What You Eat (Understanding Food Labels and Portion Sizes)
- Eating Out and Enjoying It
- Carbohydrates: The Good, The Bad and The Ugly
- Sodium: Cutting Back and Keeping the Flavor
- Shopping Smart and Cooking Light
- Stress: Living With It
- Exercise: The Right Habit for Your Heart
- Aim for a Healthy Weight

Our Healthy Heart is a unique service offered by Atherotech at no additional charge with your VAP® Test. Your CRE is here to guide you in living healthy without drastic changes. You just have to take the first step!

## OUR HEALTHY HEART from Atherotech is for people like you!

Atherotech's Cardiovascular Risk Reduction Educators (CREs) can answer your questions and guide you on your path to lifelong heart-healthy food and exercise choices.








Your CRE can design a program just for you. Together, you will create a personalized plan based on your physician's recommendations, your needs and your VAP Test results.



To begin, call the toll-free number to schedule an appointment with your CRE for a time that is convenient for you:

**1-866-VAP-TEST (1-866-827-8378)**

## STANDARD SERVING SIZES

Food	Serving Size	Visual Cue
Meat	3 oz	
Cheese	1 oz	
Potato	3 oz	
Peanut Butter	2 tbsp	
Pasta, Cereal, Rice	1 cup	
Ice Cream	1/2 cup	
Dried Fruit	2 tbsp	
Fresh Fruit	1/2 cup	
Raw Vegetables	1 cup	
Cooked Vegetables	1/2 cup	



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