



Week 6

Targeted...

Glucose and Triglycerides Tip

Lose a little weight.

Carrying around those extra pounds causes insulin resistance, keeping the blood sugar lowering hormone from working.

Your weight-loss goals don't have to be enormous. Some patients have seen improvements in Triglyceride readings with only a 5-pound loss.

still mad you "only" lost 1 pound??



Cholesterol Tip

Alcohol in moderation

Drink alcohol in moderation (if at all). Alcohol is not essential for health. Should you wish to consume alcohol, stay within the recommended limit of 1 unit per day for women, and up to 2 units per day for men (1 unit is equal to a small glass (120ml) of wine or 340ml beer/cider or 1 tot of spirits). Remember not to accumulate! Watch your kilojoule (energy) intake by choosing dry or 'light' alcohol options. Opt for [red wine](#) which contains resveratrol and polyphenols (antioxidants) that may assist with raising HDL (good) cholesterol (when consumed in moderation).