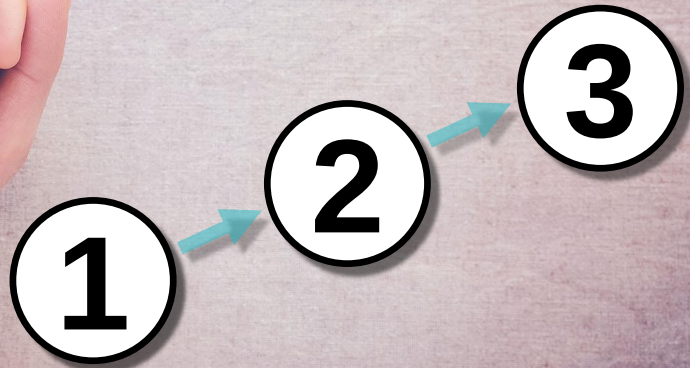


Gimme Three Steps

A personal plan for better health



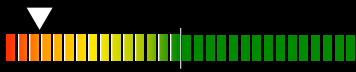
Omega fatty acids and Conjugated Linoleic Acid (CLA) are important to health, and we need to strive for a balanced intake of these essential nutrients in our diet.



BASELINE

Omega 6

11



0.9

Omega 3

CLA

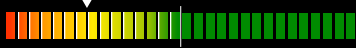
0.14

1

Switch to grassmilk dairy products



Omega 6 **9.6**



1.2 Omega 3

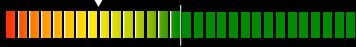
CLA **0.3**

Increase dairy from 3 servings to 4.5 servings

2



Omega 6 **9.1**



1.3 Omega 3

CLA **0.35**

3

Switch to 3 low omega-6 foods



Omega 6

4.7



1.4

Omega 3

CLA

0.49

Potato chips to pita chips



Soybean oil to canola oil for salad dressing



Margarine to canola oil margarine



