Smoking	1.5-2 servings	"bad" carbs	50%	Hi-ho Silver
Diet and Exercise	3	Protein	Good Fats	120 over 80
Left Ventricular Hypertrophy	Smoking	**FREE**	1600-1800	George Gershwin
Bob	Cholesterol	High Blood Pressure	Clem Kadiddlehopper	Harold Arlen
Hypertension	71%	Calcium	Fiber	58%

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2-2.5 servings	2000-2400	George Gershwin	FAST	Diet and Exercise
120 over 80	Left Ventricular Hypertrophy	Hidden Sugar	Bob	1600-1800
Calcium	Protein	**FREE**	Smoking	Male
1.5-2 servings	Hi-ho Silver	Cholesterol	4	50%
Gunsmoke	Good Fats	Hypertension	Harold Arlen	Fiber

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Fiber	1.5-2 servings	Bob	"bad" carbs	Diet and Exercise
3	George Gershwin	Smoking	2-2.5 servings	Water
Top Hat	4	**FREE**	120 over 80	Hidden Sugar
Good Fats	5 colors	Smoking	2000-2400	Hi-ho Silver
Calcium	50%	1600-1800	Cholesterol	71%

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