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9. Do you cat any of the following fast foods

he the number one cause of ada? It's not accidents; and er. By far the leading cause eart disease and stroke.

That's why the heart and Stroke Foundation of Ontario needs your support . . . to continue research into the causes of heart disease and stroke. We've come a long way in recent years. Since 1955 over one hundred thousand people have lived because of research. But we do need to save more lives.

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he Improved licker Test"

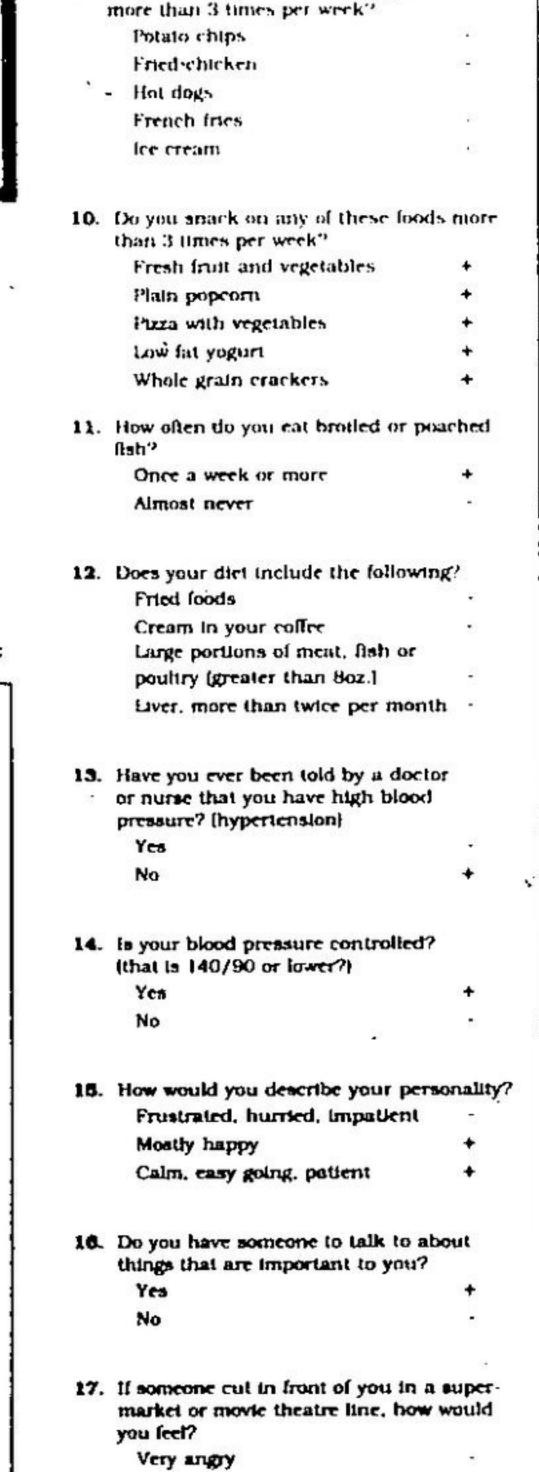
p you determine if you are at risk of a heart attack or stroke. te. Be honest with yourself when you answer the questions. ve ever invested in yourself!

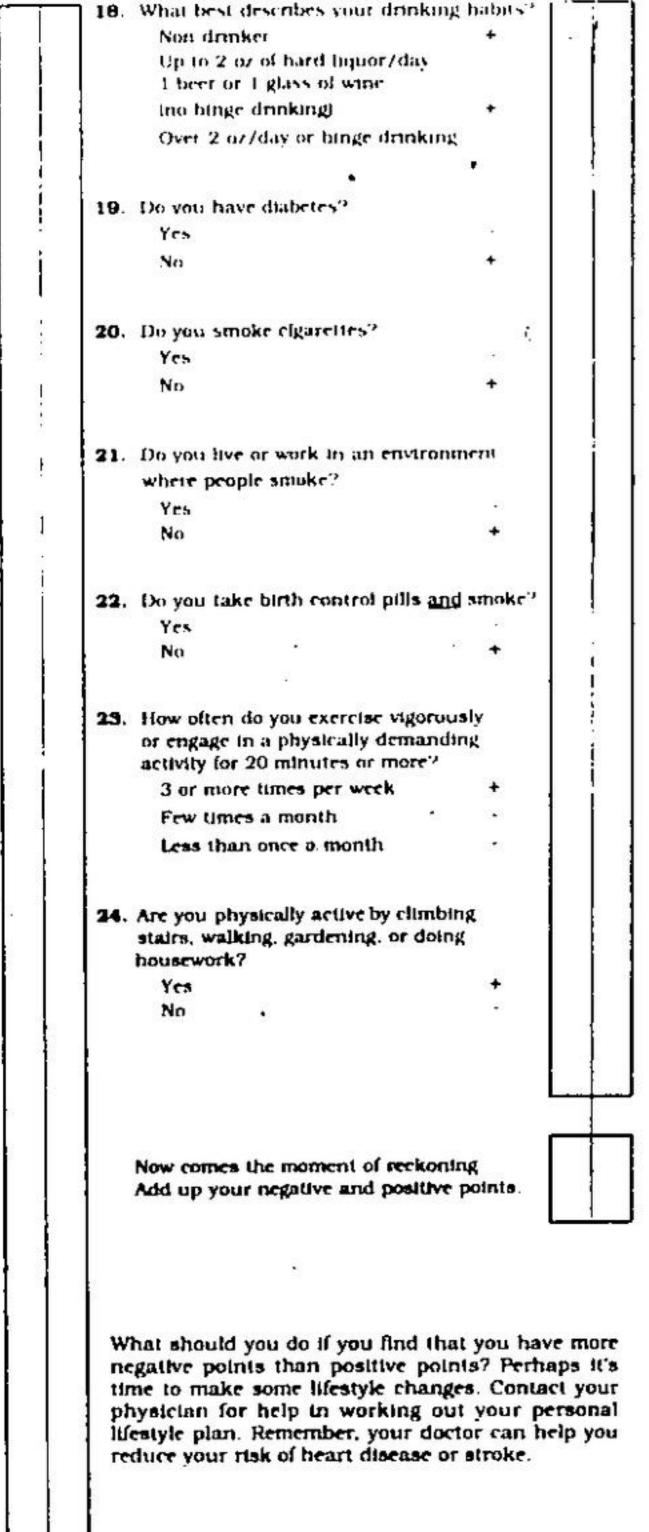
terstand two things:

as family history, smoking, a poor diet. high blood pressure and ase your risk of heart disease or stroke. More importantly, these For example, smoking can increase the effects of a bad diet. When he number of "risk factors" you've checked off.

only a tool that can help you see how your lifestyle is affecting your or stroke.

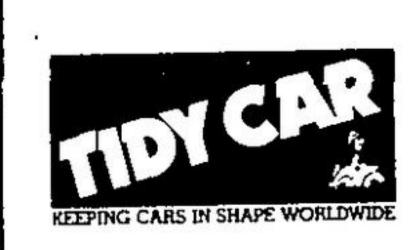
SCORE SCORE 5. How would you describe your weight? check Within 15 lbs. of what is the end normal for your height? urks in check Over 15 lbs. of what is normal e more for your height? postattack 6. Which of the following foods do you cat more than 3 times per week? Fresh fruits and vegetables Dried beans, peas and lentils Skinless chicken Lean beef Skim or 2% milk 7. Which of the following foods do you eat more than 3 times per week? Delicatessan meats Side bacon Cheddar cheese Store bought baked goods Whole milk or cream 8. How many of the following foods, containing fats or oils, do you eat more than 3 times per week? roke Butter Cream cheese Chocolate bars Gravy





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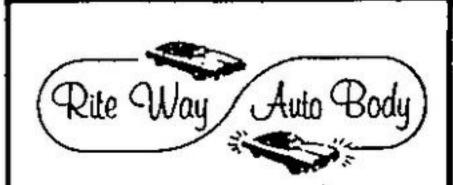
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