1. **Enjoy Your Whole Egg!**
   Egg yolks do not raise the cholesterol levels.

2. **Sip That Coffee Guilt Free!**
   Coffee is healthy in moderation.

3. **Cheese Up!**
   Cheeses from milk produced by grass-fed cows do not raise cholesterol levels or make your body store fat.

4. **Go Low on Low-Fat Foods!**
   Low-fat foods are packed with sugar to improve their taste. That’s much more harmful than the fat naturally present in those foods.

5. **All Calories Aren’t Created Equal!**
   Different foods have different metabolic pathways and effects on hormones, hunger and health.