Visit #0 - Eligible patients underwent dietary screening using a modified version of the Rate Your Plate questionnaire. Patients with a diet score less than 250 were randomized to one of the two groups and were scheduled for a fasting lipid panel and for Visit#1 within two weeks. The results of the diet test were revealed only to patients who scored more than 250, as they no longer qualified for the randomization.

Visit #1 - Weight, height, blood pressure and pulse were measured at the beginning of the visit. During a “focused office visit” the primary care physician (PCP) reviewed the results of the fasting lipid panel and diet assessment with the patient emphasizing the role of diet on lipids and cardiac health. The PCP provided the patient with written educational materials and access to the counseling website. Fasting lab and Visit#2 were scheduled for three months.

Weekly automatic emails sent to patient reminding to visit the counseling website

Visit #2 - Weight, blood pressure and pulse were measured at the beginning of the visit. During a “focused office visit” the PCP reviewed the results of the new fasting lipid panel and diet assessment with the patient, emphasizing the role of diet on lipids and cardiac health. Fasting lab and Visit#3 were scheduled for three months.

Weekly automatic emails sent to patient reminding to visit the counseling website

Visit #3 - Weight, blood pressure and pulse were measured at the beginning of the visit. During a “focused office visit” the PCP reviewed the results of the new fasting lipid panel and diet assessment with the patient.