



GUIDELINES – UNITED NATIONS ADMINISTRATIVE SUPPORT ASSESSMENT TEST (ASAT)

The test is comprised of six timed sections as indicated below:

Sections I, II and III (proofreading, filing, and sorting)

You will be allowed three minutes to complete each section, which consists of thirty questions each. This portion of the test is fast paced. Please ensure that you carefully read the attached sample and understand the nature of the tasks involved.

Sections IV and V (directory, and reasoning & arithmetic)

You will have ten minutes to complete each section, which consists of 17 and 12 questions, respectively.

Section VI (manuscript copying)

Twenty minutes are allowed for completion of the manuscript section. You are asked to reproduce a handwritten text of about 5 paragraphs. The handwriting makes the text difficult to read, so you must make sure that your finished copy contains perfectly spelled English. DO NOT add/remove any words, or change sentence structure, or alter the punctuation (ie: do not edit the document).

* * *

The process of taking the test will last approximately one and a half hours. Please do not schedule your test unless you are able to remain in the examination room for the entire time.

Please bring your own writing materials. Pen or pencil is acceptable. You may also bring your own basic or scientific calculator. NO graphing calculators, PDA's, or anything with keyboard/word capabilities is acceptable. If you do not bring your own basic calculator, one will be provided. No extra sheets will be allowed for any reason.

Please note: **Candidates should be well prepared in advance of the test date.** In addition, complete instructions (similar to the "sample test") precede each section of the exam and time is provided for you to familiarize yourself with these instructions before beginning each section. If time permits, the examiner may be able to address select and specific questions during the exam, but it should not be expected that the examiner will provide more help or extra time than what has already been specified.

SAMPLE OF UNITED NATIONS ADMINISTRATIVE SUPPORT ASSESSMENT TEST

This test contains six subtests. A brief description of each subtest follows:

1. PROOFREADING

Your task will consist in checking that the information contained in **table X** has been correctly copied to produce **table Y**:

- If the line copied is perfectly correct, put an X in the space provided in **ANSWERS column A**
- If there is **ONE** mistake or omission that has been introduced in table Y, put an X in the space provided in **ANSWERS column B**
- If two or more mistakes or omissions have been introduced in table Y, put an X in the space provided under **ANSWERS column C**

TABLE X			TABLE Y			ANSWERS		
NAME	FUNCTION	ID NUMBER	NAME	FUNCTION	ID NUMBER	A	B	C
HASSAN H.R.	Lawyer	674229	HASSAN H.R.	Lawyer	674229	X		
PLACCA V.A.	Messenger	149233	PLACCA V.A.	Messenger	149223		X	
DOSSA A.N.	Cashier	153124	DOSSA A,N.	Cashir	153124			X

2. FILING

Your task is to select the number of the correct drawer in which to place the person's individual file identified by name.

WOMEN				MEN			
DRAWER NUMBER	ENGLISH	DRAWER NUMBER	OTHER LANGUAGES	DRAWER NUMBER	ENGLISH	DRAWER NUMBER	OTHER LANGUAGES
1	AA-CK	5	AA-CK	9	AA-CK	13	AA-CK
2	CL-IM	6	CL-IM	10	CL-IM	14	CL-IM
3	IN-MO	7	IN-MO	11	IN-MO	15	IN-MO
4	MP-ZZ	8	MP-ZZ	12	MP-ZZ	16	MP-ZZ

	NAME	LANGUAGE	DRAWER NUMBER
Example :	Mr. Joe KANDIL	English	11
	Mrs. Lisa GRAY	Chinese	6

3. **SORTING**

Your task will consist of sorting pairs of patterns.

Each pattern consists of an acronym, i.e., acronym: EBC and a shape, i.e.,

Therefore, a pattern is

Each pair contains two patterns.

Example of a pair of patterns:

Your task is to sort the pairs of patterns according to the guidelines given below:

GUIDELINES

- Bin 1:** Same acronym but different shapes.
- Bin 2:** Different acronyms but same shape.
- Bin 3:** Different acronyms and different shapes.
- Bin 4:** Same acronym and same shape.

BIN NO.

- Example:** → 1
- 2

4. DIRECTORY

You will be given a simplified chart of an organization as well as its staff's **alphabetical** directory.

The subtest will consist of a series of short questions regarding the information given in the chart and the directory.

ANSWERS	
Example: What is the phone number of the Director's Secretary?	<i>660300</i>

ORGANIZATION CHART OF THE ORGANIZATION FOR PEACE



DIRECTORY OF THE ORGANIZATION FOR PEACE

NAME	DIVISION	SECTION/POSITION	ROOM NO.	TELEPHONE
Mrs. Daisy JONES	Information	Chief of division	321	642246
Mr. John MILLER	-----	Director's Secretary	101	660300
Mr. Henry SMITT	Administration	Secretary	221	621000
Ms. -----	-----	-----	-----	-----

5. PROBLEMS

You will be asked to solve problems similar to the example found below:

	ANSWERS
A clerk can staple eight documents per minute. How many minutes will he spend to staple 24 documents?	3

You are advised to use a calculator if the problem is more difficult than the above example or if the answers have decimals.

You may, if you wish, use your own calculator, or use a calculator which will be provided in the examination room.

6. MANUSCRIPT COPYING

Your assignment is either to recopy by hand in a highly legible manner or to type the manuscript of a text. If you also choose to take the typing test, you are required to type the text. If you choose not to take the speed-typing test, you may opt either to type the text or copy it by hand in a highly legible manner. Upon completion, it is your responsibility to proofread your work carefully and to correct your final draft of all errors of grammar, spelling and meaning. You will not be penalized on the presentation of the corrections which you have made.

The purposes of the United Nations, as set forth in the Charter, are:

- 1. To maintain international peace and security.*
- 2. To develop friendly relations among nations based on respect for the principle of equal rights and self-determination of peoples,*
- 3. To achieve international co-operation in solving international economic, social, cultural and humanitarian problems and in promoting respect for human rights and for fundamental freedoms;*
- 4. To be a centre for harmonizing the actions of nations in the attainment of these common ends.*

DURATION OF TESTS

The duration of each subtest will be specified during the examination. The total duration of the clerical test, including the reading of the instructions is about one hour.

UN ADMINISTRATIVE SUPPORT
ASSESSMENT TEST (ASAT)

**(PLEASE PRINT AS A DOUBLE-SIDED DOCUMENT IN
ORDER TO SIMULATE ACTUAL TEST BOOKLET)**

UNHQ
SAMPLE
TEST

1. PROOFREADING – 30 Questions/ 3 mins/ 10 points (pages 2 & 3 only)

Your task will consist of checking that the information contained in **table X** has been correctly copied to produce **table Y**:

- If the line copied is perfectly correct, put an X in the space provided in **ANSWERS column A**
- If there is **ONE** mistake or omission that has been introduced in table Y, put an X in the space provided in **ANSWERS column B**
- If two or more mistakes or omissions have been introduced in table Y, put an X in the space provided under **ANSWERS column C**

EXAMPLE

TABLE X			TABLE Y			ANSWERS		
NAME	FUNCTION	ID NUMBER	NAME	FUNCTION	ID NUMBER	A	B	C
HASSAN H.R.	Lawyer	674229	HASSAN H.R.	Lawyer	674229	X		
PLACCA V.A.	Messenger	149233	PLACCA V.A.	Messenger	149223		X	
DOSSA A.N.	Cashier	153124	DOSSA A,N.	Cashir	153124			X

In the first line, **all** the information given in **table X** was correctly copied in **table Y**. Consequently, the correct answer is given by placing an X in **column A** in the section marked **answers**.

In the second line, **one** mistake was introduced in the copy (**table Y**). ID number 149233 was incorrectly changed to 149223. Therefore, the space corresponding to one mistake has been marked with an **X**; i.e., under **column B** of the **answers** space.

On the third line, **two** mistakes were introduced, the period after DOSSA A. was changed to a comma and the e from the word cashier was omitted. Therefore, the space corresponding to 2 or more mistakes has been marked with an **X**; i.e., under **column C** of the **answers** space.

You will be given **3 minutes** to complete this section
DO NOT TURN THIS PAGE UNTIL TOLD TO DO SO

PROOFREADING

TABLE X

TABLE Y

ANSWERS

NAME	FUNCTION	ID NUMBER	NAME	FUNCTION	ID NUMBER	A	B	C
JONSSON A.N.	Buyer	345990	JONSSON A.N.	Buyer	345990			
DOWELL R.K.	Teacher	267846	DOWEEL R.K.	Teacher	276846			
KHANNA F.B.	Carpenter	652188	KHANNA F.B.	Carpenter	652188			
ROMAN A.H.	Editor	024581	ROMAN A.H.	Editor	024581			
PRINCE R.K.	Lawyer	004890	PRINCE R,O.	Lawyar	004890			
ZIMMERMAN A.J.	Statistician	111848	ZIMERMAN A.J.	Statistician	111848			
SHAMS Y.C.	Painter	440982	SHAAMS Y.C.	Paintor	400982			
ABDO H.M.	Translator	810334	ABDO H.M.	Translator	810334			
BAZBAZ I.B.	Doctor	334451	BAZBAZ I.B.	Doctor	334411			
CHANG J.H.	Librarian	305607	CHANG J.H.	Libarian	305607			
KOKOREV I.V.	Treasurer	489536	KOKAREV I:V.	Treasurer	499536			
LYONS P.F.	Analyst	589100	LYONS P.F.	Anallyst	589110			
BAUER M.R.	Director	845666	BAUER m.R.	Directar	845666			
HOFBAUER S.I.	Secretary	489329	HOFBAUER S.I.	Secretary	489329			
WELLMAN E.I.	Banker	676884	WELMAN E.I.	Banker	676884			
SIMMONDS V.R.	Economist	821117	SIMONDS V.R.	Economist	821217			
HZEIH M.O.	Salesman	095928	HZEIH O.M.	Salesmen	095928			
LAVALLE H.B.	Butcher	348912	LAVALE H.B.	Butcher	348912			
KITABURAZA A.M.	Welder	888800	KITEBURAZA A.M.	Welder	888000			
ROCHE L.V.	Surgeon	749381	ROCHE L.V.	Surgeon	749381			
FATINA N.J.	Professor	312902	FATINA N.J.	Profesor	312902			
LOCKSHIN B.B.	Typist	767626	LOOKSHIN b.B.	Typist	767676			
CARPENTER D.S.	Accountant	638253	CARPENTER D.S.	Accountent	638253			
TORRE W.N.	Reviser	301773	TORRE W;N.	Revisor	301773			
ALI E.Z.	Cashier	201678	ALI I.Z.	Cashier	201678			
WALSH O.P.	Researcher	224896	WALSH O.P.	Researcher	224896			
REYES R.G.	Messenger	936390	REYEeS R.G.	Mesenger	936690			
YAZEJY V.R.	Repairman	606088	YAJZY V.R.	Repairman	606088			
MURPHY L.C.	Auditor	289065	MURRPHY L.C.	Euditor	289065			
FLANAGAN K.Y.	Programmer	645879	FLANAGAN K.Y.	Programmer	645879			

2. FILING - 30 Questions/ 3 mins/ 15 points (pages 4 & 5 only)

Your task is to select the number of the correct drawer in which to place the person's individual file identified by name.

WOMEN

DRAWER NUMBER	ENGLISH	DRAWER NUMBER	FRENCH	DRAWER NUMBER	SPANISH	DRAWER NUMBER	OTHER LANGUAGES
1	AA-BU	13	AA-BU	25	AA-BU	37	AA-BU
2	BV-CH	14	BV-CH	26	BV-CH	38	BV-CH
3	CI-EW	15	CI-EW	27	CI-EW	39	CI-EW
4	EX-GE	16	EX-GE	28	EX-GE	40	EX-GE
5	GF-IN	17	GF-IN	29	GF-IN	41	GF-IN
6	IO-KI	18	IO-KI	30	IO-KI	42	IO-KI
7	KJ-LV	19	KJ-LV	31	KJ-LV	43	KJ-LV
8	LW-MW	20	LW-MW	32	LW-MW	44	LW-MW
9	MX-OO	21	MX-OO	33	MX-OO	45	MX-OO
10	OP-RO	22	OP-RO	34	OP-RO	46	OP-RO
11	RP-TV	23	RP-TV	35	RP-TV	47	RP-TV
12	TW-ZZ	24	TW-ZZ	36	TW-ZZ	48	TW-ZZ

MEN

DRAWER NUMBER	ENGLISH	DRAWER NUMBER	FRENCH	DRAWER NUMBER	SPANISH	DRAWER NUMBER	OTHER LANGUAGES
49	AA-BU	61	AA-BU	73	AA-BU	85	AA-BU
50	BV-CH	62	BV-CH	74	BV-CH	86	BV-CH
51	CI-EW	63	CI-EW	75	CI-EW	87	CI-EW
52	EX-GE	64	EX-GE	76	EX-GE	88	EX-GE
53	GF-IN	65	GF-IN	77	GF-IN	89	GF-IN
54	IO-KI	66	IO-KI	78	IO-KI	90	IO-KI
55	KJ-LV	67	KJ-LV	79	KJ-LV	91	KJ-LV
56	LW-MW	68	LW-MW	80	LW-MW	92	LW-MW
57	MX-OO	69	MX-OO	81	MX-OO	93	MX-OO
58	OP-RO	70	OP-RO	82	OP-RO	94	OP-RO
59	RP-TV	71	RP-TV	83	RP-TV	95	RP-TV
60	TW-ZZ	72	TW-ZZ	84	TW-ZZ	96	TW-ZZ

	NAME	LANGUAGE	DRAWER NUMBER
Example :	Mr. Jose KANDIL	SPANISH	78
	Mrs. Lisa GRAY	CHINESE	41

You will be given **3 minutes** to complete this section
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FILING

NAME	LANGUAGE	DRAWER NO.
Mrs. Susanne HIRSCH	German	
Mr. Bernard AUTPHENNE	French	
Mr. Andrei TARASOV	Russian	
Mrs. Nadia BARBESANT	French	
Mr. George FANTAYE	English	
Mrs. Kazuko KIMURA	Japanese	
Mrs. Denise PRINS VAN WESTDROPE	French	
Mr. John CALLIHAN	Irish	
Mr. Dionisio ESTERON	Tagalog	
Mr. Amjad MAJID	Urdu	
Mrs. Karen DELOS	English	
Mrs. Adriana CORREA	Spanish	
Mr. Michel GAUCHET	French	
Mrs. Janet GUY	English	
Mr. Abbas POORSORKH	Arabic	
Mr. Djaya WINARSO	English	
Mrs. Sunita YADAV	Hindi	
Mr. Dimitrios TSOUMBARAKIS	Greek	
Mr. Osmin JEREDA-POSADA	Spanish	
Mrs. Nanda YAROS-AKE	English	
Mr. Richardo VIEJO	Spanish	
Mrs. Frances ZUBRZYCKI	English	
Mr. Omar ROMERO	Spanish	
Mr. Salwa TAWFIK	Arabic	
Mr. Joseph MOSHA	Swahili	
Mr. Earl JENNINGS	English	
Mrs. Stefania STEMEN	French	
Mr. Matias ROVIRA	Spanish	
Mr. Marcel VAN HOLLEBEKE	French	
Mrs. Beatrice NSUBUGA	Swahili	

3. SORTING- 30 Questions / 3 mins/ 10 points (pages 6 & 7 only)

Your task will consist of sorting pairs of patterns.

Each pattern consists of an acronym, i.e., acronym: EBC and a shape, i.e.,

Therefore, a pattern is EBC

Each pair contains two patterns.

Example of a pair of patterns: EBC EBC

Your task is to sort the pairs of patterns according to the guidelines given below:

GUIDELINES

Bin 1: ECB ECB Same acronym but different shapes.

Bin 2: ECB XYZ Different acronyms but same shape.

Bin 3: ECB XYZ Different acronyms and different shapes.

Bin 4: ECB ECB Same acronym and same shape.

BIN NO.

Example: U.T. U.T. → 1

AI IA → 2

You will be given **3 minutes** to complete this section
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BIN NO.

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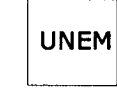
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BIN NO.

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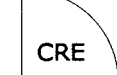
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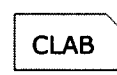
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September 2006

4. DIRECTORY- 17 Questions / 10 mins/ 20 points (pages 9, 10 &11 only)

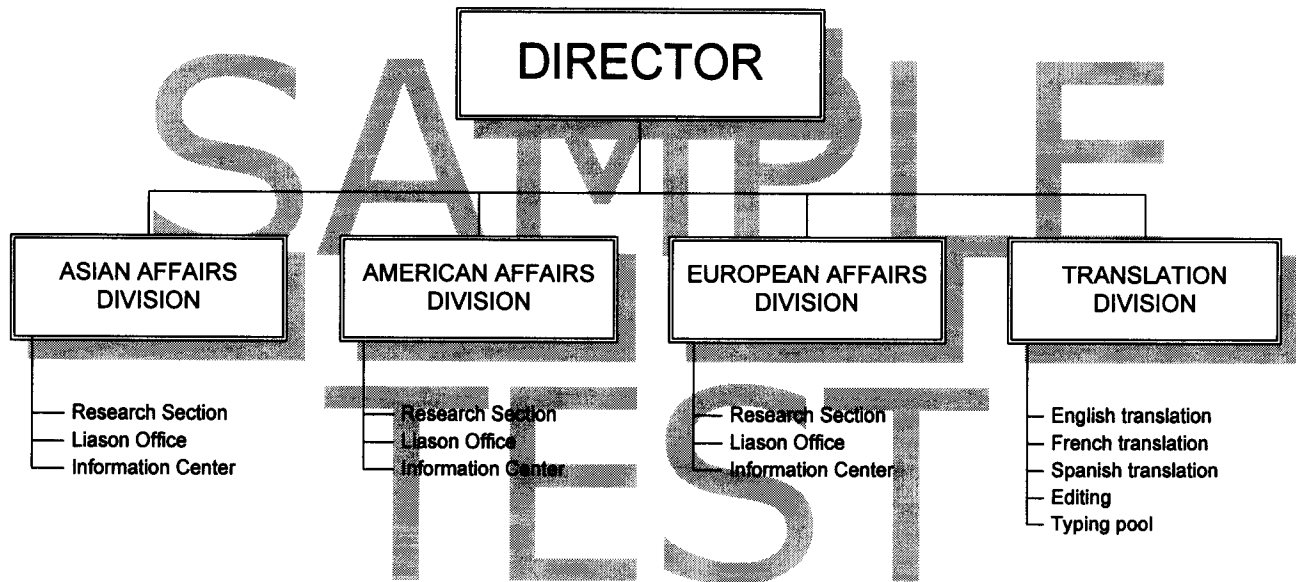
You will be given a simplified chart of an organization as well as its staff's **alphabetical** directory.

The subtest will consist of a series of short questions regarding the information given in the chart and the directory.

ANSWERS	
Example: What is the phone number of the Secretary of the Director?	<i>929626</i>

In this question the person's title is given as the "Secretary of the Director"; you must then read through the column entitled "position/section" and find "Secretary of the Director". Then you must read the phone number indicated in the column "telephone" located on the line corresponding to Secretary of the Director and write the answer in the appropriate line of the column marked "Answers".

ORGANIZATION CHART OF THE NON GOVERNMENTAL ORGANIZATION X



You will be given **10 minutes** to complete this section
DO NOT TURN THIS PAGE UNTIL TOLD TO DO SO

DIRECTORY CHART OF THE NON GOVERNMENTAL ORGANIZATION X

NAME	DIVISION	SECTION/POSITION	ROOM NO.	TELEPHONE
Mr. Rudolf AALTO	American Affairs	Liaison Office	222	039911
Ms. Marita ARCHANGE	American Affairs	Liaison Office	222	385558
Ms. Marliatu BADURIA	American Affairs	Secretary of the Chief	202	175467
Mr. Gastone BIGGS	Translation	Editing	303	326435
Ms. Patricia BRAVO	European Affairs	Secretary of the Chief	203	695726
Ms. Fetina BUSBY	European Affairs	Liaison Office	223	241226
Mr. José CHUN ENG	Asian Affairs	Research Section	210	611963
Mr. Victor CONNING	Translation	English Translator	301	305322
Ms. Flora CORVADO	European Affairs	Information Center	146	386297
Mr. Soria DE LA CRUZ	Asian Affairs	Information Center	436	037889
Mr. Abraham DONOSO	European Affairs	Research Section	212	482286
Ms. Moel EGAL	Asian Affairs	Liaison Office	221	603659
Mr. John FLORET	Translation	Chief of translation	204	837994
Ms. Ivonne GRANDA	Asian Affairs	Research Section	210	329600
Ms. Irene IUNDT	Translation	French Translator	301	619393
Ms. Lorna KHOKHLOV	European Affairs	Information Center	197	543232
Ms. Rita KRIBITZ	American Affairs	Research Section	211	049290
Mr. Frank LUSARDI	Translation	Typing Pool	302	619590
Ms. Louise LYATUU	European Affairs	Chief of Division	203	773931
Mr. Carl MARIAN	American Affairs	Chief of Division	202	921727
Ms. Angela MARTIN	Asian Affairs	Chief of Division	201	319292
Ms. Mariam MARTINEZ	European Affairs	Liaison Office	223	041010
Mr. Robert MORGAAD	Asian Affairs	Information Center	538	997586
Mr. Denis MUTUKU	Asian Affairs	Secretary of the Chief	201	798578
Mr. Guiseppe PRATELLO	Translation	Secretary of the Chief	204	533546
Mr. Regis PREMJEAN	American Affairs	Information Center	372	256024
Ms. Pamela ROTACH	Asian Affairs	Liaison Office	221	536474
Ms. Sabine SAMULELA	American Affairs	Information Center	264	937161
Mr. Henry SCHUSSELIN	European Affairs	Research Section	212	920524
Mr. Pedro SERRANO	Translation	Spanish Translator	301	906881
Ms. Sophia VELOSO	-	Director of the Organization	900	395159
Ms. Monika WAKLAVIK	American Affairs	Research Section	211	276964
Mr. Nacklet WALSH	-	Secretary of the Director	901	929626

QUESTIONS**ANSWERS**

1. Who has telephone number: 256024?.....

 2. Who is Yvonne GRANDA's colleague?.....

 3. Who is Patricia BRAVO's chief?.....

 4. How many secretaries are working in the X Organization?.....

 5. What is the room number of the typing pool?.....

 6. How many men are working in research?.....

 7. How many rooms are occupied by the X Organization?.....

 8. In how many languages is X Organization staffed to translate internally?.....

 9. The first number of the room indicates the building's floor; how many men are working on the third floor?

 10. How many floors does the Organization occupy?.....

 11. How many women have a phone number beginning or ending with 32 or 63?.....

 12. What is the room number of the secretary to the chief of the division of Asian Affairs?.....

 13. How many people are working in the translation division?.....

 14. How many liaison offices are there in the X Organization?.....

 15. How many women are working under the supervision of Ms. LYATUU?.....

 16. How many employees are sharing a telephone with a colleague?.....

 17. How many employees are sharing a room with a colleague?.....

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SAMPLE
TEST

September 2006

**5. REASONING AND ARITHMETIC PROBLEMS- 12 Questions / 10 mins/ 25 points
(pages 13, 14 & 15 only)**

In the following pages you will find 12 problems similar to the example illustrated below:

ANSWERS	
A clerk can staple eight documents per minute. How many minutes will he spend to staple 24 documents?	3

You are advised to use a calculator if the problem is more difficult than the above example or if the answers have decimals.

If your answer has decimals, you must indicate only two decimal points. For example, if your answer is 133.3333 you must answer 133.33.

You will be given 10 minutes to do this section. It is therefore not expected of you to answer all problems.

You may, if you wish, use your own calculator, or use a calculator which will be provided in the examination room.

If a problem is too difficult, go to the next one.

You will be given **10 minutes** to complete this section
DO NOT TURN THIS PAGE UNTIL TOLD TO DO SO

ANSWERS

1. A filing cabinet contains 200 standard files. When 50 files have been stored in the cabinet, what percent of the filing cabinet is being used?.....

2. What will be the total cost of 2,000 sheets of paper costing two dollars per 500 sheets?.....

3. It takes one minute for an elevator to climb 20 floors. Each floor is 3 meters high. What is the average speed of the lift in meters per second?.....

4. An offset operator prints 6,000 pages in 1 hour without interruption, using 2 identical offset machines. How many pages can each machine print per minute?.....

5. The sales tax on a filing cabinet is \$4. If the tax is 4%, what is the cost of the filing cabinet before tax?

6. A full pack of paper for a photocopy machine weighs 10 pounds. How much would a full pack of the same paper, whose dimensions are twice that of the first pack, weigh?.....

7. When 25 glasses are filled with water from a drinking water tank, the gauge drops from full to $\frac{1}{2}$. How many glasses can we fill from a full water tank?

SPACE FOR YOUR CALCULATIONS

(Continued on next page)

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8. You ordered 25 oz of special drafting paper costing one dollar and 50 cents per oz. How much will you pay for your order?.....

 9. It takes 5 seconds for a photocopying machine of your office to make one copy. It takes you 10 seconds to position one original sheet to be photocopied in the machine and 10 seconds to remove it. How long will it take to make 5 copies of a page?.....

 10. A messenger walks 500 feet in a large building from the reception to his destination at the average speed of 4 miles per hours and returns to the starting point at an average speed of 3 miles per hour. What is his average speed for the entire trip?.....

 11. You bought a new computer for your office for \$6,000. To do this, you borrowed the money from the bank for one year at 6% annual interest. What was the actual cost of the computer?.....

 12. Your chief is carrying 50 kilograms of luggage when going on a trip. He is entitled to 20 kilograms of luggage free of charge. He has to pay a fee of 10 dollars per kilo for all excess weight. How much will he now pay for this overweight luggage?.....
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SPACE FOR YOUR CALCULATIONS

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UNHQ
SAMPLE
TEST

September 2006

6. MANUSCRIPT – approx 250 wds / 20 mins/ 20 points (pages 17 & 18 only)

Copy of a Manuscript

Your assignment is to copy by hand in a highly legible manner or to type the text given on the reverse side of this page. **DO NOT EDIT OR MODIFY THE ORIGINAL TEXT** (for example, do not add words, remove words or change word-order of the text). Simply reproduce the entire text, making sure that your copy is a legible and perfectly spelled English document. Upon completion, it is your responsibility to proofread your work carefully before submitting it for marking.

If you choose to take the speed-typing test, you are required to type the text. Otherwise, you may either type the text or copy it by hand in a highly legible manner. If you decide to type the text it will be your responsibility to properly operate the word-processing equipment. If you present a partial document or lose your document your attempt will be recorded as a failure.

SAMPLE
TEST

The average family from an industrialized nation has about ten basic recipes for meals. For many of those people, the foods in those recipes are too rich. To improve their diets, they need to make a few prudent changes to cut out the animal fats and replace them with foods which help to lower the fat levels in their blood. This will help reduce the risk of heart problems.

The following tips will help to adjust this typical diet to a heart-healthy one. It's important to substitute whole milk products for those that have no fat or low fat content. The use of liquid oils instead of butter is also necessary. The skin from fish and poultry should be removed after cooking and not be eaten. However, there are certain fatty fish that help to lower the fat levels in the blood.

These fish include, salmon, mackerel, sardines, bass, trout and bluefish. Another general rule of thumb is to reduce the intake of all animal proteins, especially red meats. Using non-animal proteins like soy in recipes will insure that enough protein is eaten daily without consuming the damaging fats found in animal products.

Special attention should be made to look at the labeling for the individual ingredients. Stay away from products that are made with coconut and palm oils. If people were more aware of what they ate and willing to make these small changes, they would be able to readily improve their health.

DO NOT WRITE ANYTHING ON THIS PAPER

DO NOT WRITE ANYTHING ON THIS PAPER