



(actual photograph of an artery during Chanukah\*)

**Donuts float in oil. Your blood doesn't.**

**JCh*i***  
JEWISH COMMUNITY HEALTH INITIATIVE  
[www.JewHealth.org](http://www.JewHealth.org)  
[JChi@case.edu](mailto:JChi@case.edu)

**More oil?**

Good for the Menorah,  
Bad for your Heart!

\* OK, maybe not an *actual* photograph, but you get the *picture*.