

# Ways To Improve Your Numbers

## TOTAL CHOLESTEROL $< 200 \text{ mg/dL}^*$



## HDL (good cholesterol): desirable: 50+

- Quit tobacco
- Replace trans fat and saturated fat with heart healthy fats. Some examples include avocados, nuts and seeds, olive or avocado oil and salmon/fatty fish
- Exercise for at least 30 minutes most days of the week (cardiovascular and muscle building activities)

## Triglycerides: $< 150 \text{ mg/dL}^*$

- Lose weight if you are overweight
- Limit the amount of added sugars, refined carbohydrates and processed foods in your diet
- Avoid alcohol
- Exercise for at least 30 minutes most days of the week (cardiovascular and muscle building activities)

## LDL (bad cholesterol): $\text{LDL} < 130 \text{ mg/dL}^*$

- Limit saturated fat, processed food and avoid trans fat
- Increase fiber in your diet with fruit, vegetables, whole grains, beans, nuts and seeds. The recommended daily fiber intake is up to 25 grams for women and up to 38 grams for men
- Exercise for at least 30 minutes most days of the week (cardiovascular and muscle building activities)



## Glucose: $< 100 \text{ mg/dL}^*$

- Lose weight if you are overweight
- Limit the amount of added sugars, refined carbohydrates and processed foods in your diet
- Eat regularly scheduled meals throughout the day
- Exercise for at least 30 minutes most days of the week (cardiovascular and muscle building activities)
- Increase fiber in your diet through fruit, vegetables, whole grains, beans and nuts
- Incorporate protein at meals and snacks
- Manage cholesterol



## Blood Pressure: $< 120/80 \text{ mmHg}^*$

- Quit tobacco
- Limit salt/sodium intake to one teaspoon (2,300 mg) daily or less based on your doctor's recommendations
- Lose weight if you are overweight
- Consume a diet rich in fruits, vegetables, whole grains, heart healthy fats and lean proteins
- Exercise for at least 30 minutes most days of the week (cardiovascular and muscle building activities)
- Manage stress
- Avoid alcohol



## Weight Management: BMI, Body Fat Percentage and Waist Circumference \*

- Consume a diet rich in fruits, vegetables, lean protein, whole grains and heart healthy fats
- Exercise for at least 30 minutes most days of the week (Cardiovascular and muscle building activities)
- Use portion control to support your caloric needs

\*Reference numbers taken from The National Institute of Health and American Heart Association. Numbers may vary based on individual health status. Please review your results with your primary care physician.