



❑ Steps Toward Cholesterol Control

○ Follow a Low-Fat, Low-Cholesterol Diet Regularly

Goal should be to consume less than 30% of total calories from fat, only 10% coming from saturated fat, and less than 300 mg of cholesterol per day. Read labels, learn to modify recipes and cook using low-fat techniques.

○ Maintain a Healthy Weight

Weight reduction can have a significant effect on reducing the risk of coronary heart disease.

○ Be Physically Active on a Regular Basis

Regular exercise will help raise HDL cholesterol (the good one) and is beneficial in maintaining a desirable weight. If you are working specifically on weight management or cardiovascular improvement, exercise moderately for 30 minutes or longer most days of the week. If you are inactive, any type of physical activity will be beneficial.

○ Reduce Other Controllable Heart Disease Risks

Stop smoking: Smoking not only reduces the HDL cholesterol, it increases your risk of heart attack, stroke and cancer.

○ Learn to Effectively Deal with Stress

Stress can have a negative effect on cholesterol. Learn to identify the stressors in your life and reduce or overcome them.

○ Have Regular Check-ups

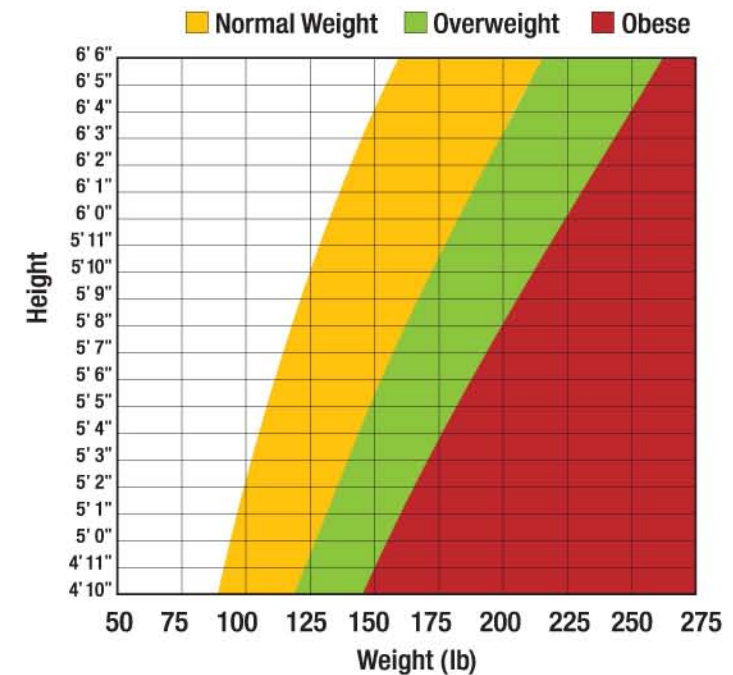
❑ High Blood Pressure

Category	Systolic (MM HG)		Diastolic (MM HG)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
HIGH			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

❑ Healthy Body Weight Recommendations

To find a reasonable weight range based on your height – known as Body Mass Index (BMI) – see the chart below. This chart shows a healthy weight range for adults, both men and women, over 18 years of age. There is no difference in weight ranges for age because health risks appear to be the same for adults, regardless of age.

The further your BMI is above or below the healthy range, the higher your weight-related risk.



Know Your Numbers

❑ Diabetes

NORMAL RANGE

Fasting Blood Glucose70 to 100 mg/dL

ABNORMAL RANGE

Fasting Blood Glucose.....greater than 100 mg/dL

❑ Cholesterol

Total Cholesterolless than 200 mg/dL
 LDL Cholesterol.....less than 130 mg/dL
 HDL Cholesterolmore than 40 mg/dL
 TC/HDL Ratio4.5 or less
 Triglycerides.....less than 150 mg/dL
 Glucose.....less than 100 mg/dL

❑ Obesity

Body Mass Index (BMI)	less than 18.5	underweight
	18.5–24.9	normal
	25.0–30.0	overweight
	greater than 30	obese
	40	extremely obese