

Numbers That Count For A Healthy Heart



Goal

TOTAL CHOLESTEROL	Less than 200 mg/dL
LDL ("BAD") CHOLESTEROL (There are different goals for each level of risk for heart disease)	<p>People who are at low risk for heart disease: Less than 160mg/dL</p> <p>People at intermediate risk for heart disease: Less than 130 mg/dL</p> <p>People at high risk for heart disease including those who have heart disease or diabetes: Less than 100 mg/dL</p> <p>People at very high risk for heart disease: Less than 70 mg/dL</p>
HDL ("GOOD") CHOLESTEROL	<p>Women: 50 mg/dL or higher</p> <p>Men: 40 mg/dL or higher</p>
TRIGLYCERIDES	Less than 150 mg/dL
BLOOD PRESSURE	Less than 120/80 mmHg
FASTING GLUCOSE	Less than 100 mg/dL
BODY MASS INDEX (BMI)	Less than 25 kg/m²
WAIST CIRCUMFERENCE	<p>Women: 35 inches or less</p> <p>Men: 40 inches or less</p>
EXERCISE	Minimum of 30 minutes most days, if not all days of the week

DIET AND NUTRITION

- Eat at least **5 daily servings** of fruit and vegetables.
- Eat at least **6 daily servings** of grain products, including whole grains.
- Eat at least **2 servings** of oily fish per week.
- Eat **25-30 grams** of fiber per day.
- Limit cholesterol to less than **300 mg** a day for the general population, and less than **200 mg** a day for those with heart disease risk factors.
- Limit intake of saturated fat and trans fat to less than **10 percent** of total calories for the general population.
- Choose fats and oils with **2 grams** or less saturated fat per tablespoon.
- Limit salt intake to less than **6 grams** (2,300 mg sodium) per day. (Slightly less than one teaspoon.)
- If you drink, limit alcohol consumption to no more than **one drink** per day for women and **two drinks** per day for men.
- **Balance** the number of calories you eat with the number you use each day. To find that number, multiply your weight in pounds by:
 - 15 calories (if you're active and of normal weight)
 - 12 calories (if you're inactive and of normal weight)
 - 15 calories (if you're active and obese)
 - 13 calories (if you're inactive and obese)

TOBACCO

Eliminate all tobacco products and exposure to secondhand smoke.

DIABETES

A normal fasting blood sugar is less than **100 mg/dL**.