

Numbers That Count For A Healthy Heart



NUMBERS	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 160 mg/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>
PHYSICAL ACTIVITY	<p>At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150</p> <p>OR</p> <p>At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75; or a combination of the two</p> <p>AND</p> <p>Moderate to high intensity muscle-strengthening activity at least 2 or more days per week for additional health benefits.</p>

DIET AND NUTRITION

The amount of food you need depends on your personal calorie needs and health status. If you need 2,000 calories each day you should:

- Eat **6 to 8 daily servings of grain products**, with at least half as whole grains.
1 serving = 1 slice bread, 1oz. dry cereal, or ½ cup cooked rice.
- Eat **4 to 5 servings of fruits and vegetables** each day, in a variety of colors and types.
- Eat **2 to 3 servings of fat-free or low-fat dairy** products each day.
- Eat **3 to 6 oz. (cooked) of lean meats, poultry or seafood** per day.
3 oz. of meat or poultry is about the size of a computer mouse; 3 oz. of fish is about the size of a checkbook.
- Limit intake to **2 to 3 servings** per day of fats and oils. Use liquid vegetable oils and soft margarines most often to reduce saturated and trans fats.
1 serving = 1 teaspoon of soft margarine or 1 tablespoon of mayonnaise.
- Eat **3 to 5 servings** per week of nuts, seeds and legumes.
1 serving = 1/3 cup nuts, 2 tablespoons peanut butter or ½ cup dry beans or peas.
- Limit **cholesterol intake to 300 mg per day** for people with no heart disease risk factors or to **200 mg per day** for those with **heart disease risk factors**.
- Aim to eat less than **1,500 mg of sodium** per day.
- Limit **added sugars to no more than half of your discretionary calories**. For most women that is about 100 calories and for most men about 150 calories, or about 6 teaspoons per day for women and 9 teaspoons per day for men.

TOBACCO

Eliminate **all** tobacco products and exposure to secondhand smoke.

ALCOHOL

Women: no more than **1 drink per day**.
Men: no more than **2 drinks per day**.
1 drink = 4 oz. wine, 1 oz. liquor or 12 oz. beer.