

## Know Your Numbers for a Healthy Heart

Cholesterol is one of the most modifiable risk factors for heart disease. Measuring blood fats is an important tool in determining your risk of cardiovascular disease. A lipid panel is a series of tests used to determine the amount of fat in your blood and can be one indicator of your cardiovascular health. How do your numbers measure up?

<b>Total Cholesterol (TC) (mg/dL)</b>	
Less than 200	Optimal
200-239	Borderline High Risk
240 or more	High Risk
<b>LDL Cholesterol (mg/dL)</b>	
Less than 100	Optimal
100-129	Near/Above Optimal
130-159	Borderline High Risk
160-189	High Risk
190 or more	Very High Risk
<b>HDL Cholesterol (mg/dL)</b>	
Less than 40	High Risk
60 or more	Optimal
<b>Triglyceride Numbers (mg/dL)</b>	
Less than 150	Normal
150-199	Borderline-High Risk
200-499	High Risk
500 or more	Very High Risk

- If your cholesterol is high, please contact your doctor. Cholesterol-lowering drugs may be needed, in addition to therapeutic lifestyle changes including a cholesterol-lowering diet, physical activity, and weight management to help lower your LDL.

### **Diet**

Limiting your intake of fat, specifically saturated fat reduces your risk for developing diseases such as cancer, diabetes, and heart disease.

Here are some low fat eating tips to follow:

- Bake, grill, roast, boil or broil your foods. Use lean cuts of beef and pork, such as anything with round or loin in the name. Skinless white meat

chicken and turkey or fish. Trim all visible fats. Limit meat to 6 ounces per day (3 oz. is the size and thickness of a deck of cards).

- Consume sources of polyunsaturated and monounsaturated fats such as olive or canola oil, fish and nuts.
- Use low-fat or non-fat dairy products (skim or 1% milk, low-fat yogurt, and low-fat cheese).
- Read labels! Less than 30% of your calories should come from total fat and less than 10% from saturated fat. When you are reading a food label, allow only up to 3 grams of total fat and 1 gram of saturated fat for every 100 calories.

## **Physical Activity**

At least 30 minutes of daily moderate physical activity is recommended for everyone to help raise HDL and lower LDL. Moderate activity refers to taking a brisk walk at 3 – 4.5 miles per hour, cycling 5 – 9 miles per hour or doing light calisthenics. While exercising, your effort level should feel “somewhat hard” to be rated as moderate. Get moving today!

For more information on cholesterol, please visit [www.americanheart.org](http://www.americanheart.org).