

# NUMBERS THAT COUNT FOR A HEALTHY HEART

40 50 35 130 25 120/80



*Learn and Live*

| NUMBERS                                                                                         | GOAL                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| TOTAL CHOLESTEROL                                                                               | Less than <b>200 mg/dL</b>                                                                                                                                                                                                                                                                                                                                                                |
| LDL ("BAD") CHOLESTEROL<br>(There are different goals for each level of risk for heart disease) | <p>People who are at low risk for heart disease:<br/>Less than <b>160 mg/dL</b></p> <p>People at intermediate risk for heart disease:<br/>Less than <b>130 mg/dL</b></p> <p>People at high risk for heart disease including those who have heart disease or diabetes:<br/>Less than <b>100 mg/dL</b></p> <p>People at very high risk for heart disease:<br/>Less than <b>70 mg/dL</b></p> |
| HDL ("GOOD") CHOLESTEROL                                                                        | Women: <b>50 mg/dL</b> or higher<br>Men: <b>40 mg/dL</b> or higher                                                                                                                                                                                                                                                                                                                        |
| TRIGLYCERIDES                                                                                   | Less than <b>150 mg/dL</b>                                                                                                                                                                                                                                                                                                                                                                |
| BLOOD PRESSURE                                                                                  | Less than <b>120/80 mm Hg</b>                                                                                                                                                                                                                                                                                                                                                             |
| FASTING GLUCOSE                                                                                 | Less than <b>100 mg/dL</b>                                                                                                                                                                                                                                                                                                                                                                |
| BODY MASS INDEX (BMI)                                                                           | Less than <b>25 kg/m<sup>2</sup></b>                                                                                                                                                                                                                                                                                                                                                      |
| WAIST CIRCUMFERENCE                                                                             | Women: <b>35 inches</b> or less<br>Men: <b>40 inches</b> or less                                                                                                                                                                                                                                                                                                                          |
| PHYSICAL ACTIVITY                                                                               | <p>At least <b>30 minutes</b> of moderate-intensity aerobic activity at least <b>5 days per week</b><br/>OR<br/>At least <b>20 minutes</b> of vigorous aerobic activity at least <b>3 days per week</b><br/>AND<br/><b>Strength/endurance</b> activity at least <b>2 days per week</b></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 1/2 cup cooked rice.
- Eat **4 to 5 cups of fruits and vegetables** each day, in a variety of colors and types.
- Eat **2 to 3 cups 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 1/2 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.
- Limit **salt intake to less than 2,300 mg per day**. People with high blood pressure or heart failure, African-Americans and people over 50 should limit salt to **less than 1,500 mg per day**.
- Limit **sweets and added sugars to 5 or fewer servings per week**.  
1 serving = 1 tablespoon sugar, 1 tablespoon jam, 1/2 cup sorbet or 1 cup lemonade.

## 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 = 5 oz. wine, 1 oz. liquor or 12 oz. beer