

Heart-Healthy Goals for Women



Learn Your Numbers

- ✓ **Total cholesterol** <200 mg/dL
- ✓ **Bad (LDL) cholesterol**
LDL cholesterol goals vary
 - For people at low risk for heart disease, the goal is <160 mg/dL
 - For most people at intermediate risk the goal is <130 mg/dL
 - For people at high risk, including those who have heart disease or diabetes, the goal is <70-100 mg/dL
- ✓ **Good (HDL) cholesterol** . . .50 mg/dL or higher
- ✓ **Triglycerides** <150mg/dL
- ✓ **Blood pressure** <120/80 mmHg
- ✓ **Fasting glucose** <100 mg/dL
- ✓ **Body Mass Index (BMI)** <25 Kg/m2
- ✓ **Waist circumference** <35 inches
- ✓ **Exercise** at least 30 minutes on most or all days of the week
- ✓ **Eat a balanced diet** that emphasizes fruit, vegetables, grains, fat-free and low-fat dairy products, fish, legumes and sources of proteins low in saturated fat (poultry, lean meats and plant sources)
- ✓ **Don't smoke** – If you do, stop
- ✓ **Schedule regular visits with your doctor**

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