

HEALTH SCREENING INFORMATION: KNOW YOUR NUMBERS



Blood Glucose Levels

□ Normal

- Fasting = 70 – 99 mg/dL
- After Eating = <140 mg/dL

□ Control

- Losing weight may help
- Eat regular meals and snacks
- Get more fiber (25-30 grams/day)
- Eat complex (healthy) carbs
 - Fruits, veggies, whole grains, beans, lentils, peas

Cholesterol

□ Normal

- Total: <200 mg/dL
- HDL: >60 mg/dL
- LDL: <100 mg/dL

□ Control

- Exercise – can help raise and/or maintain HDL
- Limit saturated and trans fat. Get your fat from heart-healthy fish, olive oil, and nuts.
- Increase whole grain foods and fiber intake

Blood Pressure

- Normal: 120/80 and lower

- Control
 - Limit sodium intake
 - More fresh fruits and vegetables, more whole grains, lean meats, low-fat dairy products
 - Limit processed foods, canned and frozen foods
 - Try not to add salt to food during cooking before eating
 - Exercise to strengthen your heart

Body Mass Index

- BMI
 - Normal = 18.5 – 24.9
 - Overweight = 25-29.9
 - Obese = >30
- Improve Your BMI
 - Losing 10% of your weight will help
 - Losing weight can improve the numbers that we talked about (glucose, cholesterol, blood pressure)
 - Exercise. Calories in < Calories Out.