GENERAL TIPS TO LOWER RISK OF HEART DISEASE

- Enjoy 30-60 minutes of physical activity daily. Check with your practitioner before starting any new exercise program.
- Take medicine exactly as prescribed. Report side-effects to your prescribing practitioner and to your pharmacist promptly.
- Don't smoke cigarettes or use tobacco products.

TIPS FOR LOWERING YOUR BLOOD CHOLESTEROL

- Reduce intake of foods high in saturated fat, hydrogenated fat and cholesterol. Hard stick margarines and most snack foods, processed foods and commercially-prepared baked goods contain hydrogenated fat. Read food labels and ingredients.
- Eat at least five servings a day of fruits and vegetables and enjoy herbal teas—powerful antioxidants to counter cholesterol.
- Choose monounsaturated fats like olive, canola and peanut oils. Snack on an ounce of nuts a day.
- Eat smaller amounts of red meats and organ meats. Select lean cuts. Eat skinless chicken, turkey and fish.
- Have at least two fish meals a week. Salmon, tuna, mackerel or other cold-water fish are rich in healthy omega-3 fatty acids. Flax seed oil is another good source.
- Use low-fat dairy products. Try calcium-enriched soy milk as an alternative. Soy protein can help lower LDL cholesterol.

TIPS FOR LOWERING YOUR BLOOD PRESSURE

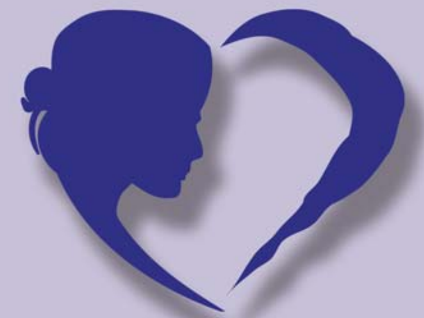
- Limit salt intake to 2,000 milligrams (mg) per day if on a low sodium diet. Stay away from salty foods. Read food labels to determine milligrams of sodium.
- Limit alcohol intake to one drink a day if you're a woman and two if you're a man. Purple grade juice may offer the same heart health benefits of red wine without the concerns of alcohol, but limit to a 4 oz serving as high fructose beverages can raise triglycerides, another risk factor for heart disease.
- Know your target weight. Keep it at or below that level. Watch your food portions, especially when eating out.
- Know your blood pressure. Have it checked regularly. If you have high blood pressure, learn how to self monitor and work closely with your practitioner to keep it under good control.

GOAL:

- Cholesterol below 200 mg/dL.
- HDL 50 mg/dL or higher (60 mg/dL is considered protective in a woman).
- LDL less than 130 mg/dL (less than 100 mg/dL if you've had a heart attack, have diabetes or you have other risk factors).
- Maintain a healthy weight. Write down your target weight_______.
- Blood pressure less than 120/80 mm Hg.

w o m e n ' s   h e a l t h   t r a c k e r

KNOW YOUR NUMBERS



WOMEN'S HEART FOUNDATION

Bring this card with you to doctor appointments to record vital health information. Keep this information in a safe place with your other important papers.

Take Care of Your Heart

www.womensheart.org

KNOW YOUR NUMBERS

Name ______________________

Date of Birth: _____ / _____ / _____

Date	Choles-terol	LDL	HDL	BP	Weight	GYN	Other

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