

# Tips for your heart health



## Know your numbers

Total cholesterol: <200 mg/dL

LDL (bad cholesterol): <100 mg/dL

HDL (good cholesterol): > 50 mg/dL

Triglycerides (blood fat): <150 mg/dL

Blood pressure: <120/80 mmHg

Fasting glucose

(blood sugar): <100 mg/dL

Body mass index: <25

Waist circumference: <35 inches

## My numbers

Total cholesterol: \_\_\_\_\_

LDL cholesterol: \_\_\_\_\_

HDL cholesterol: \_\_\_\_\_

Triglycerides: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

Fasting glucose: \_\_\_\_\_

Body mass index: \_\_\_\_\_

Waist circumference: \_\_\_\_\_