

YOUR CHECK POINTS

Checking your progress tells you where you are, how far you've come and where you need to adjust your plan. Knowing the progress you've made can be powerful motivation.

Assess Your Body Weight, Lipids Levels, and Blood Pressure

| Date | _/_/___ | _/_/___ | _/_/___ | _/_/___ | |
|---|---------|---------|---------|---------|--|
| Total Cholesterol | | | | | Optimal: less than 200 mg/dl Borderline high risk: 200-239 mg/dl High risk: 240 mg/dl or higher |
| LDL Cholesterol | | | | | Optimal: less than 100 mg/dl Near optimal: 100-129 mg/dl Borderline high risk: 130-159 mg/dl High risk: 160 mg/dl or higher |
| HDL Cholesterol | | | | | Optimal: greater than 60mg/dl High risk: less than 40 mg/dl |
| Blood Pressure Blood pressure is measured as two numbers: systolic over diastolic | | | | | Desirable: systolic less than 120 and diastolic less than 80 Normal: systolic less than 130 and diastolic less than 85 High normal: systolic 130-139 and diastolic 85-89 Hypertension: systolic greater than 140 and diastolic greater than 90 |
| Body weight | | | | | Maintain a weight that is appropriate for your height and body frame. A waist measurement greater than 40 inches for men, or greater than 35 inches for women places a person at greater risk for heart disease. |

BMI:
Normal weight: 18.5 – 24.9
Over weight : 25 – 29.9
Obese: >30

Assess Your Eating And Activity Patterns

| Date | _/_/___ | _/_/___ | _/_/___ | _/_/___ |
|---|---------------------------------|--------------------------------|---------------------------------|--------------------------------|
| I eat at least 5 servings of fruits and vegetables each day. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I eat foods containing soluble fiber each day. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I eat at least 3 servings of whole grain foods per day. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I eat at least 2 servings of fish per week. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I choose lean cuts of meat and poultry. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I pay attention to my portion sizes. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I participate in physical activity on most days of the week. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| I find ways to incorporate physical activity into my regular routine. | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

PICK YOUR PRIORITY

Choose your own goals to help you achieve a desirable cholesterol level!

Which is the best change for you to make now?

- Eat more whole grains
- Eat more fruits, vegetables and dry beans
- Eat fewer foods high in saturated fats
- Use monounsaturated and polyunsaturated fats in place of saturated fats
- Eat fewer foods high in cholesterol
- Eat fewer foods containing trans fats



What Eating Behaviors Will Help You Make This Change?

Eat more whole grains

- Eat Cheerios® or other whole grain cereal
- Eat whole wheat in place of white bread
- Snack on popcorn instead of chips
- _____
- _____

Eat more fruits, vegetables and dry beans

- Eat fresh fruit with breakfast
- Add vegetables to sandwiches
- Try a new vegetable each week
- Make a main entrée with dry beans
- _____
- _____

Eat fewer foods high in saturated fat

- Order a hamburger without cheese
- Switch to lower-fat milk and cheeses
- Eat smaller portions of red meat
- Remove the skin from chicken
- _____
- _____

Use monounsaturated and polyunsaturated fats in place of saturated fats

- Use olive or safflower oil for salad dressing
- Add toasted walnuts to salads
- Select salmon instead of beef
- _____
- _____

Eat fewer foods high in cholesterol

- Use egg substitute or 2 egg whites instead of whole eggs in recipes
- Choose Cheerios® or whole grain breads instead of eggs and bacon for breakfast
- Trim excess fat off meats and poultry
- _____
- _____

Eat fewer foods containing trans fats

- Use a soft (tub) margarine
- Limit intake of crackers and cookies containing hydrogenated shortening
- Use oil rather than stick margarine for cooking
- _____
- _____

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