

Keeping Track of My Heart Health

Blood Tests	My Targets	My Results			
		Date:	Date:	Date:	Date:
Total Cholesterol	< 5.2 < 4.2 High Risk*				
LDL Cholesterol	< 3.5 < 1.8 High Risk*				
HDL Cholesterol	> 1.0 for men > 1.3 for women				
Non-HDL Cholesterol	< 4.4 < 2.4 High Risk*				
Triglycerides	< 1.7 < 1.5 High Risk*				
Fasting Blood Sugar	≤ 6.0 without Diabetes 4.0 - 7.0 with Diabetes				
A1C**	< 6.0% without Diabetes ≤ 7.0% with Diabetes				

< means less than

≤ means less than or equal to

> means greater than

*You are 'High Risk' if you have heart disease, diabetes, or have had a heart attack or stroke.

**A1C blood test reflects your average blood sugar level over the past 3 months.

Healthy Waist Healthy Weight	My Target	My Measurement			
		Date:	Date:	Date:	Date:
My waist	A Men: < 102 cm. (40 in.) Women: < 88 cm. (35 in.)				
	or B Men: < 90 cm. (35½ in.) Women: < 80 cm. (32 in.)				

Target A: If you are European/Caucasian, Sub-Saharan African, Eastern Mediterranean, or Middle Eastern

Target B: If you are Aboriginal, Asian, South Asian, Ethnic South, or Central American

Keep Active	My Target	My Weekly Minutes			
		Date:	Date:	Date:	Date:
My activity:	150 minutes a week (30 minutes daily, at least 5 days a week)				

To register for online access to your blood test results, go to myehealth.ca

Understanding Blood Cholesterol (Lipid) Tests

Cholesterol

- ‘Dietary Cholesterol’ is found in animal foods.
- ‘Blood Cholesterol’ is made by your body and is affected by some foods you eat.
- High blood cholesterol levels increase your risk of getting heart disease.

The following tests measure the different types of cholesterol (lipids) in your blood

1. Total Cholesterol

- This test measures all the cholesterol.

2. LDL Cholesterol

- LDL Cholesterol is known as the ‘**lousy**’ cholesterol that we want to ‘**lower**’.
- It can clog arteries and cause heart disease.

3. HDL Cholesterol

- HDL Cholesterol is known as the ‘**healthy**’ cholesterol that we want ‘**higher**’.
- It cleans your arteries and helps protect your heart.

4. Non-HDL Cholesterol

- Non-HDL = total cholesterol – HDL
- High levels increase the risk of heart disease.

5. Triglycerides

- A type of fat stored in your body and found in your blood.
- High levels can clog arteries and increase the risk of heart disease.

Diet and Lifestyle Habits for a Healthy Heart	Lower LDL-cholesterol	Raise HDL-cholesterol	Lower Triglycerides	Lower Risk of Heart Disease
Increase fibre →Vegetables and fruits →Whole grains →Beans and lentils	✓			✓
Eat healthy fats →Nuts and seeds →Healthy oils →Avocado	✓		✓	✓
Include fish			✓	✓
Eat less saturated fats	✓		✓	✓
Limit added sugars Limit processed carbohydrates			✓	✓
Limit alcohol			✓	✓
Quit smoking		✓		✓
Be active Keep a healthy weight	✓	✓	✓	✓

This information does not replace the advice given to you by your healthcare provider.