

# Healthy Heart

picture of health™

## Healthy Heart Reminders

- \* Be physically active every day.
- \* Choose whole-grain breads and cereals.
- \* Get 20 to 35 grams of dietary fiber a day.
- \* Use nonfat and low-fat dairy products.
- \* Eat 5 or more servings of fruits and vegetables a day.
- \* Eat fish 2 to 3 times a week (e.g., ones high in omega-3 fatty acids, such as salmon).
- \* Choose turkey, chicken, and lean beef, pork, and lamb.
- \* Trim fat from meat. Limit portion sizes.
- \* Read food labels to choose heart healthy foods. Examples are ones with the American Heart Association's red heart with a white check mark symbol. Find out about this from [www.heartcheck.org](http://www.heartcheck.org).
- \* Don't allow smoking in the house. Avoid secondhand smoke elsewhere. If needed, get help to quit using tobacco products.
- \* Brush your teeth twice a day. Floss your teeth at least once a day.
- \* Manage stress.
- \* Get your blood cholesterol and blood pressure tested as advised.
- \* Take medicines to lower cholesterol, triglycerides, and/or blood pressure as prescribed.



## Cholesterol Goals Know Your Numbers

*Total Cholesterol Goal:*  
< 200 mg/dL or \_\_\_\_mg/dL

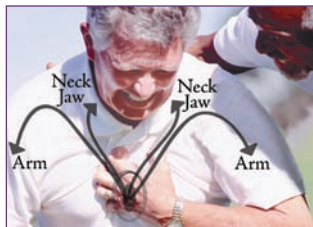
*HDL-Cholesterol Goal:*  
> 40 mg/dL or \_\_\_\_mg/dL men  
> 50 mg/dL or \_\_\_\_mg/dL women

*LDL-Cholesterol Goal:*  
< 100 mg/dL or \_\_\_\_mg/dL

*Goal for Triglycerides:*  
< 150 mg/dL or \_\_\_\_mg/dL

*If your doctor advises different goals, write them on lines given.*

## Call 9-1-1 for Heart Attack Warning Signs



- \* Chest tightness, squeezing, heaviness or pain (may spread to or be felt in the arm, neck, tooth, jaw, or back).
- \* Dizziness; trouble breathing; nausea; jaw or arm pain (with or without chest pain).
- \* Breaking out in a cold sweat.