

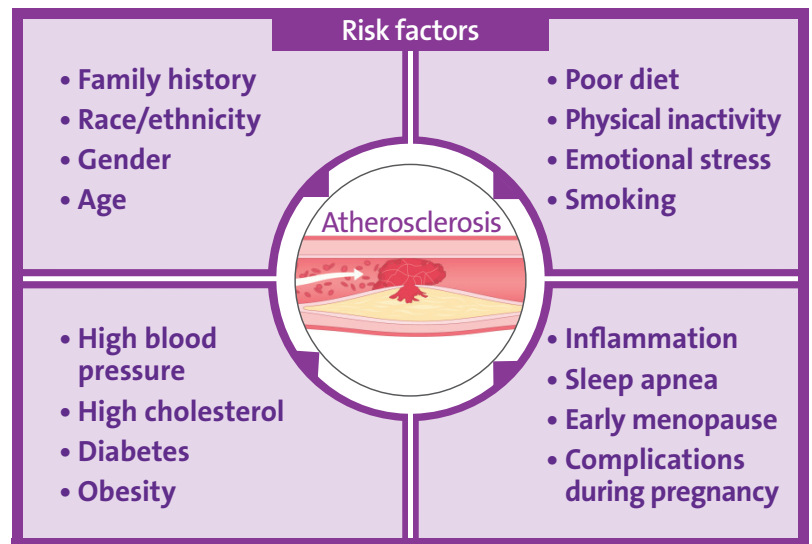


# Reducing your risk for heart disease

**Atherosclerosis** (plaque in the arteries throughout the body) can be caused by multiple risk factors.

Although you can't control **all** of these factors, it's still important to know how they affect your individual risk.

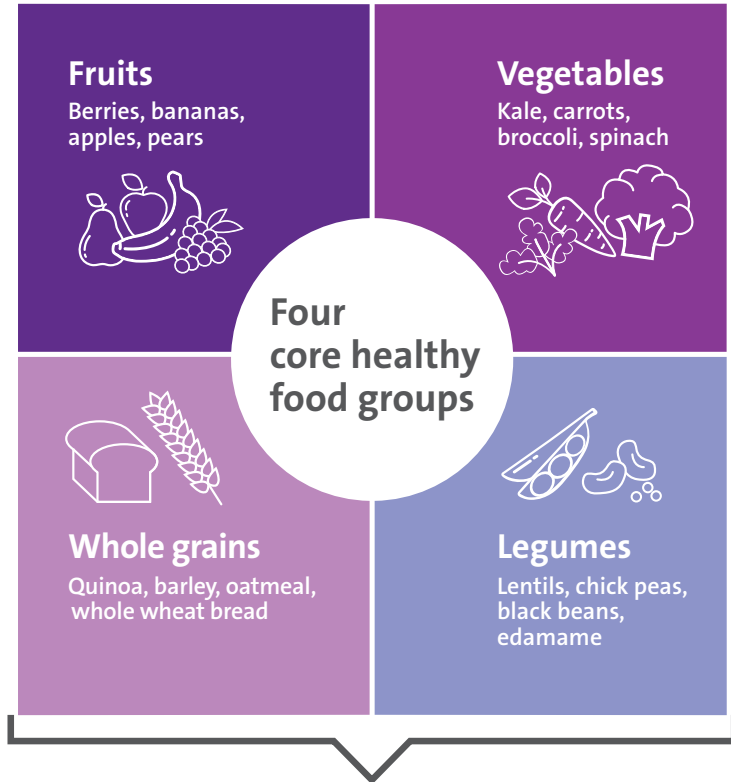
The chart below can help you determine your potential risk for heart disease. If each of these risk factors is in the ideal range, your risk for heart disease is much lower.



	Lower risk of heart disease		→	Increased risk of heart disease		My numbers
<b>Diabetes</b> (measured by A1c)	<b>Normal</b> (A1c < 5.7%)			<b>Pre-diabetes</b> (A1c between 5.7% and 6.4%)	<b>Diabetes</b> (A1c ≥ 6.5%)	
<b>Blood pressure</b>	<b>Normal</b> (Less than 120/80)			<b>Intermediate</b> (120/80 to 140/90)	<b>High</b> (Greater than 140/90)	
<b>Cholesterol</b> (measured by LDL)	<b>Ideal</b> (LDL less than 70)	<b>Normal</b> (LDL Less than 100)		<b>Intermediate</b> (LDL between 100-130)	<b>High</b> (LDL Greater than 130)	
<b>Smoking</b>	<b>No smoking</b> (The only healthy choice!)			<b>Any tobacco use</b> (Smoking is dangerous to your health and damages blood vessels.)		
<b>Body mass index</b>	<b>Normal</b> (BMI < 25)			<b>Overweight</b> (BMI between 25 and 29)	<b>Obese</b> (BMI ≥ 30)	
<b>Diet</b>	Heart-healthy diet			Somewhat healthy diet	Unhealthy diet	
<b>Physical activity</b>	30-60 minutes of exercise daily			Some activity	Sedentary lifestyle	

## A healthy diet is the best prevention.

The key to improving your diet is to take steps toward more healthy food choices and fewer unhealthy ones.



### Limit or eliminate the following:

#### Red and processed meats

Sausages, cold cuts, bacon, beef, lamb

#### Saturated fats

Red meats, ice cream, cheese, butter

#### Trans fats

Hydrogenated fat, partially hydrogenated fat, trans fat

#### Sweet and refined carbs

Sugar, juices, corn syrup, candy

#### Sodium

Frozen meals, canned foods, pickles, chips



Limited or no animal products

Low-fat dairy  
Lean meats  
Fish

Nuts  
Oily fish  
Olive oil

**Vegetarian/vegan**

**DASH**

**Mediterranean**

Suggested heart-healthy diets