

# HEART DISEASE KEY METRICS

KNOW YOUR NUMBERS!



METRIC



IDEAL #



MY #



DATE OF READING

<b>ApoB<sup>1</sup></b>	Less than 100/80/65 mg/dL	/	/
<b>LDL<sup>1</sup></b>	Less than 100/70/55 mg/dL	/	/
<b>Non-HDL<sup>1</sup></b>	Less than 130/100/85 mg/dL	/	/
<b>Lp(a)</b>	Less than 100 nmol/L	/	/
<b>HbA1c</b>	Less than 5.7%	/	/
<b>Triglycerides</b>	Less than 150 mg/dL	/	/
<b>C-reactive protein</b>	Less than 2.0 mg/L	/	/
<b>HDL - men</b>	40 mg/dL or more	/	/
<b>HDL - women</b>	50 mg/dL or more	/	/
<b>Blood pressure</b>	Less than 120/80	/	/
<b>Waist size - men<sup>2</sup></b>	Less than 37 inches	/	/
<b>Waist size - women</b>	Less than 31.5 inches	/	/
<b>BMI</b>	Less than 25	/	/
<b>CAC score</b>	0	/	/

1



Your ideal ApoB, LDL, and Non-HDL depend on your overall risk of heart disease; the higher your overall risk, the lower your # should be. **Getting ApoB into the desired range (through lifestyle and/or medication) is the # 1 priority for heart disease prevention.**

2

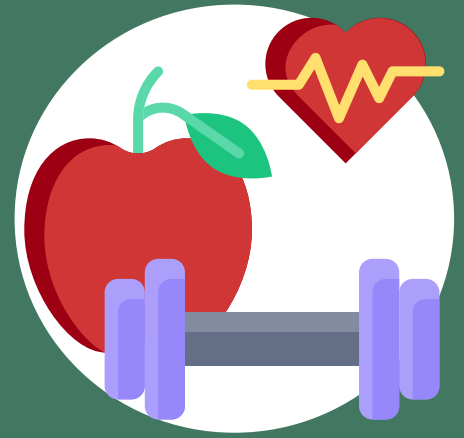


Less than 35.4 inches for men of African, Caribbean, south Asian, Chinese, and Japanese origin

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# LIFESTYLE FACTORS FOR PREVENTION OF HEART DISEASE

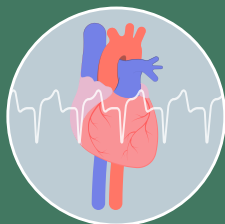


## LIFESTYLE FACTOR



## IDEAL AMOUNT

Sleep	7-9 hours
Tobacco and nicotine use	None (including e-cigarettes and vaping devices)
Moderate intensity exercise <sup>1</sup>	At least 43 minutes/day
Strength training	At least twice per week, involving all major muscle groups
<b>Have more</b>	
Fruit	At least 3 cups/day (include at least 1 cup berries)
Vegetables	At least 4 cups/day (include at least 2 cups leafy greens)
Legumes	At least 3/4 cup/day (including edamame and tofu)
Whole grains	At least 2.6 cups cooked/day (especially oats and barley)
EPA/DHA (omega-3 fats)	At least 500 mg/day (from fatty fish, fish oil, or algal oil)
Fiber	At least 30 g/day (from foods, not supplements)
Seeds and nuts	1-2 oz/day (include at least 1 tbs ground flax seeds)
Seafood <sup>2</sup>	At least 12.5 oz/week (if you don't eat seafood, see fn 2)



## Have less

Sodium	No more than 2,000 mg/day (1,500 mg if you have high blood pressure)
Saturated fat	No more than 7% of calories (less than 15 g/day on a 2,000 calorie diet)
Added sugar	No more than 5% of calories (less than 25 g/day on a 2,000 calorie diet)
Processed meat <sup>3</sup>	None
Red meat	None
Beverages with added sugar	None
Alcohol	None

## Healthy substitutions

Swap fatty meats for fatty fish.

Swap butter, ghee, lard, coconut oil, palm oil, and palm kernel oil for plant oils that are liquid at room temperature.<sup>4</sup>

Swap beverages with calories for zero calorie sparkling waters and teas.

Swap full fat milk/cheese/yogurt for nonfat unsweetened versions, or for tofu, tempeh, or soy milk.

1



21 minutes per day of vigorous intensity physical activity is equal to 43 minutes of moderate intensity. There are benefits to both moderate and vigorous intensity exercise. It is at least moderate intensity if you raise your heart rate and start sweating.

2



Choose seafood low in mercury and high in omega-3s, such as salmon, sardines, mackerel, trout, arctic char, herring, anchovies, and Pacific oysters. Much of the benefit of eating seafood is that you are not eating processed meat, red meat, or poultry high in saturated fat. If you don't eat seafood, ensure you are consuming recommended amounts of EPA/DHA and at least .635 grams of protein per pound of body weight most days, to support bone and muscle strength.

3



Including bacon, sausage, pepperoni, ham, bratwursts, bologna, pastrami, chorizo, salami, corned beef, beef jerky, turkey jerky, fish jerky, dried or smoked fish, canned meat, and other deli meats/cold cuts.

4



Healthy liquid plant oils include: canola oil, olive oil, avocado oil, hemp seed oil, flax seed oil, soybean oil, corn oil, safflower oil, sunflower oil, and grapeseed oil.

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