



Targeted...

Week 1

Glucose and Triglycerides Tip

Try spreading your food out over the course of the day, keeping carbohydrates consistent. Try to avoid not eating so you can save up for a big dinner. Avoid fasting or skipping meals, even on weekends or other days when your schedule is hectic. This is a practice that will give your body enough time to regulate blood sugar levels and keep them even, which in turn will help to control or lower your Triglycerides.



How many carbs per meal are ideal? A typical starting point is 45 grams per meal for women and 60 grams for men (15 grams per snack). This is simply a rough estimate for maintaining healthy Triglycerides. Individuals are different based on activity levels, medications, and overall health.

Cholesterol Tip

Attain and maintain a healthy body weight

Do a simple calculation of your body mass index (BMI). A value between 18.5 and 24.9 indicates that you have a healthy weight, where any value above 25 indicates that you are overweight. Overweight people tend to have higher LDL (bad) and lower HDL (good) cholesterol levels and thus are at increased risk. Obesity is indicated by a BMI of 30 or more.

If you don't want to think about your BMI specifically, think about a 10% reduction in your weight. Obviously only if you feel you are overweight. 10% is a great first goal for improvement of your blood work and overall health.

*****EXERCISE (Specifically, Cardiovascular) is the best thing you can do right now to start to increase your HDL (Healthy Cholesterol)... Walking/Running/Elliptical/Cycling/Swimming, etc.**

