Healthy Goals for Women

- Total Cholesterol — Less than 200 mg/dL
- LDL (bad) Cholesterol — LDL cholesterol goals vary.
  - For people at low risk for heart disease, the goal is **less than 160 mg/dL.**
  - For people at intermediate risk for heart disease, the goal is **less than 130 mg/dL.**
  - For people at high risk for heart disease including those who have heart disease or diabetes, **the goal is to** keep the LDL below 100 mg/dL.
- HDL (good) Cholesterol — 50 mg/dL or higher
- Triglycerides — Less than 150 mg/dL
- Blood Pressure — Less than 120/80 mmHg
- Fasting Glucose — Less than 100 mg/dL
- Body Mass Index (BMI) — Less than 25 Kg/m^2
- Waist circumference — Less than 35 inches
- Exercise — At least 30 minutes on most days, if not all days of the week.
- Eat a balanced diet emphasizing a variety of fruits, vegetables, grains, low-fat or non-fat dairy products, fish, legumes and sources of protein low in saturated fat (e.g., poultry, lean meats and plant sources).
- Don't smoke – if you smoke, stop.
- Schedule regular visits with your doctor.

If a healthy diet and regular exercise is not enough to reduce your risk of heart disease, ask your doctor about medication and take it as prescribed. Even if you take medication, a healthy diet and exercise are important.