

# Lifestyle Guidelines for ALL Women

## Eat Heart Healthy

- Eat a diet rich in fruits and vegetables, whole-grain and high-fiber foods.
- Eat fish at least twice a week, preferably oily fish, or talk to your healthcare provider about taking omega-3 fatty acid (fish oil) supplements.
- Do your best to eat less salt (sodium). Try to limit your sodium to 1500 mg a day.
- Avoid trans-fatty acids. No transfats is the goal.
- Eat very little saturated fat (such as fat from meat, cheese and butter): less than 7 percent of your total calories a day.
- Eat less than 150 mg of cholesterol a day.
- Drink no more than one alcoholic drink a day. No alcohol is best!

## Stop Smoking Cigarettes

Get counseling, nicotine replacement or drug therapy (if needed) and find a group program to help you stop smoking.

## Exercise and Weight Loss

Get 150 minutes of moderate intensity exercise a week, such as brisk walking. If you're trying to lose weight, then you will need 60 to 90 minutes a day.

## Women with Recent Heart Problems

Join a cardiac rehabilitation or physician-guided exercise program following heart attack, stroke or other cardiac conditions.



# Numbers ALL Women Need to Know

Talk to your healthcare provider to learn more.

RISK FACTORS	OPTIMAL LEVEL	YOUR NUMBERS
Blood pressure	Less than 120/80 mm Hg	____/____ mm Hg
Total cholesterol	Less than 200 mg/dL	____ mg/dL
LDL — "Bad" cholesterol	Less than 100 mg/dL**	____ mg/dL
HDL — "Good" cholesterol	Greater than 50 mg/dL	____ mg/dL
Triglycerides	Less than 150 mg/dL	____ mg/dL
Glucose (HbA1c)	Less than 7%	____ %
Body mass index (BMI)	18.5–24.9 kg/m <sup>2</sup>	____ kg/m <sup>2</sup>
Waist circumference	Less than 35 inches	____ inches

\*\* Your healthcare provider may want your LDL to be less than 70 mg/dL if you have several risk factors.

**For more information, visit the following websites:**

[www.GoRedForWomen.org](http://www.GoRedForWomen.org)  
[www.pcna.net/women](http://www.pcna.net/women)  
[www.womenshealth.gov](http://www.womenshealth.gov)  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)  
[www.womenheart.org](http://www.womenheart.org)

Go Red For Women is nationally sponsored by:

