Do you know if your heart is healthy? Do you know your numbers for total cholesterol, triglycerides, HDL (good cholesterol), LDL (bad cholesterol), and blood pressure? To keep your body healthy experts agree on shooting for the following levels:

* Cholesterol at or below 200mg/dl
* Triglycerides at or below 200mg/dl
* HDL 40 and above
* LDL less than 130
* Blood pressure of 120/80

These levels are recommended to help prevent against heart disease, diabetes, cancer, and many other diseases that are costly in MANY ways.

There are many goals that can help you live a healthier lifestyle. Some of these are:

* Reaching a healthy weight
* Tracking your steps with a pedometer
* Cutting fast food consumption by bringing a lunch to work and cooking dinner
* Substituting water for high calorie beverages
* Substitute nuts and seeds for candy and chips
* Eat breakfast every morning (i.e. oatmeal with fresh fruit)
* Consume fish at least twice a week
* Choose healthy foods such as fruits, vegetables, whole grains

Foods that are unkind to the heart are: bacon, lunchmeat, hot dogs, organ meats, and fried, processed foods. If you choose to eat these foods it is recommended that you cut the portion size and consume them less often.

For information on how to create a heart healthy diet for yourself, consult Healthy Directions of Poway at 858-335-2140.