

## NUMBERS AND DIABETES

A normal blood glucose is 70 - 100 and  $< \text{140}$  two hours after a meal.

A normal body mass index is 18.5 - 25.

A hemoglobin A1c measures the “glaze” on the red blood cells. Normal is 4.0 - 5.4. The range for Prediabetes is 5.5 - 6.4. Diabetes is  $\leq \text{6.5}$ .

Cholesterol should be  $< \text{200}$ . The cholesterol number is broken down into two measurements, LDL and HDL. The LDL should be  $< \text{100}$  (lethal). The HDL should be  $> \text{60}$  (healthy).

Regular exercise is recommended to lower bad cholesterol and raise good cholesterol. The AHA recommends 150 minutes of moderate exercise/week plus 75 minutes of vigorous exercise/week.

Triglycerides, our primary form of stored energy, should be  $< \text{150}$ .

Optimally, fiber intake should be 40 - 45 grams/day.

The normal blood pressure ranges from a low of 90 / 60 to a high of 140 / 90.

One cup of oil, fat or shortening contains 1,920 calories.

Focus on improving health to keep pounds off naturally.