

Teaching Tool Download



BLOOD PRESSURE

This test evaluates your risk for hypertension, commonly known as high blood pressure. Hypertension occurs when the force of blood against your artery walls is consistently too high. Stage 1 hypertension is 130–139 mm Hg systolic or 80–89 mm Hg diastolic, while Stage 2 is 140 mm Hg or higher systolic or 90 mm Hg or higher diastolic. It's considered severe if it exceeds 180/120 mm Hg.

High blood pressure often presents no warning signs or symptoms, but if left untreated, it can lead to serious health issues such as heart disease and stroke.

Recommendation: 120/80 mm/Hg

What to do if it's too high:

- Decrease salt intake
- Manage stress
- Add potassium-rich foods like sweetpotatoes
- Exercise regularly
- Quit Smoking
- Limit or Avoid Alcohol



To read more about understanding blood pressure:

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pres->



www.ncsweetpotatoes.com

CHOLESTEROL/LIPID PANEL:

Our lipid panel is composed of 4 lipid tests: Total Cholesterol, HDL, LDL, and Triglycerides. Your doctor might recommend you fast for 8 to 12 hours before this test, as eating prior may increase these levels.

Total Cholesterol:

The total amount of cholesterol in your blood is based on your LDL, HDL, and triglycerides numbers. Elevated levels can increase your risk of heart attack and stroke.

Recommendation: under 200 mg/dL.

My Total Cholesterol:

LDL:

Low-density lipoprotein, also known as “bad” cholesterol. High LDL cholesterol can lead to plaque buildup in your arteries and increase your risk of heart attack and stroke.

Recommendation: less than 100 mg/dL.

My LDL:

HDL:

High-density lipoprotein, also known as “good” cholesterol. HDL carries the plaque away from the artery walls and can help decrease your risk of heart attack and stroke.

Recommendation: greater than 60 mg/dL.

My HDL:

TRIGLYCERIDES:

This is a type of fat that circulates in the blood and is stored in fat cells. Elevated levels increase your risk of heart attack, stroke, and Pancreatitis.

Recommendation: less than 150 mg/dL.

My Triglycerides:

How to improve these numbers:

- Reduce saturated fat intake
- Decrease sugar intake
- Limit alcohol consumption
- Eliminate trans fats
- Increase fiber intake
- Exercise regularly
- Quit smoking
- Enjoy foods rich in omega-3 fatty acids



<https://my.clevelandclinic.org/health/articles/11920-cholesterol-numbers-what-do-they-mean>

HEMOGLOBIN A1C:

The A1C test measures your average blood glucose levels over the past three months and helps diagnose prediabetes and diabetes. A normal A1C level is below 5.7%, prediabetes ranges from 5.7% to 6.4%, and diabetes is indicated by a level of 6.5% or higher. Lower A1C levels reduce your risk of developing type 2 diabetes. Untreated diabetes can lead to serious health issues like kidney failure, blindness, nerve damage, and increased risk of heart disease.

Recommendation: less than 5.7%

My HgbA1c:

What to do if it's high:

- Reduce sugar intake
- Watch carbohydrate portions
- Exercise regularly
- Eat balanced meals containing protein and fiber

To read more about understanding testing for diabetes:

– <https://www.cdc.gov/diabetes/diabetes-testing/index.html>

– 60-Second Risk Test for Type 2 Diabetes | ADA

Download our Blood Pressure Chart to keep track for yourself!