

Know Your Levels



Blood Pressure Levels:

- Normal:
 - systolic: less than 120 mmHg
 - diastolic: less than 80 mmHg
- At risk (prehypertension):
 - systolic: 120–139 mmHg
 - diastolic: 80–89 mmHg
- High:
 - systolic: 140 mmHg or higher
 - diastolic: 90 mmHg or higher

Cholesterol Levels:

- Total cholesterol Less than 200 mg/dL
- LDL (“bad” cholesterol) Less than 100 mg/dL
- HDL (“good” cholesterol) 40 mg/dL or higher
- Triglycerides Less than 150 mg/dL

Glucose Levels:

If you *have not* eaten for the last 8 hours, your blood sugar indicates:

- Normal — between 70 and 109 mg/dL
- Borderline diabetic — between 110 and 125 mg/dL
- Possibly diabetic — 126 mg/dL or higher

If you *have* eaten in the last 8 hours and your blood sugar is:

- 200 mg/dL along with unusual thirst, hunger, weight loss or frequent urination, have blood sugar rechecked after fasting

If you are being treated for diabetes, blood sugar should range between:

- Before meals 80-120 mg/dL • At bedtime 100-140 mg/dL