

Do you have any of these conditions?

*If you meet 3 or more of the conditions below,
please talk with your doctor
and follow some of the suggestions below*

Metabolic Syndrome is a clustering of conditions which increase your risk of developing chronic disease, such as heart disease or diabetes.

Waist Circumference

Women:
Greater than 35 inches

Men:
Greater than 40 inches



- Reduce your calorie consumption
- Watch portion sizes
- Exercise for 30 minutes per day
- Increase your fiber intake
- Drink more water
- Keep a food journal

Triglycerides

Greater than 150 mg/dL



- Decrease weight
- Limit your carbohydrate and sugar intake
- Limit foods with saturated fat
- Eat more fruit and vegetables
- Eat more fish
- Limit your alcohol intake

Blood Pressure

Greater than 130/85 mm Hg



- Exercise for 30 minutes per day
- Decrease weight
- Reduce your sodium intake
- Increase your potassium intake
- Eat less processed foods
- If you smoke, quite or reduce

Blood Sugar

Greater than 100 mg/dL

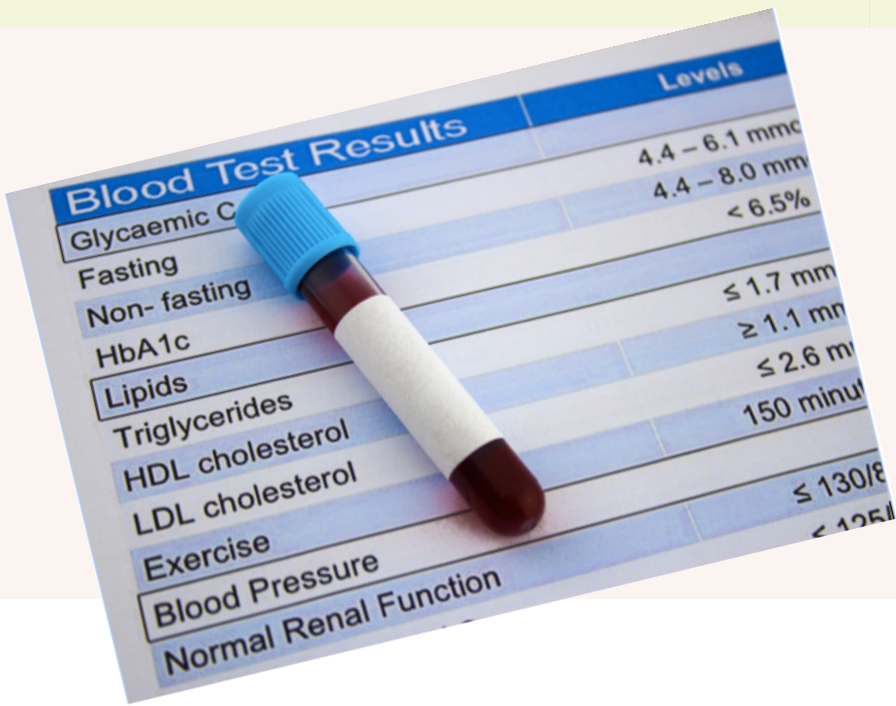


- Decrease weight
- Eat more fruits and vegetables
- Watch your carbohydrate and sugar intake
- Eat less saturated fat
- Increase your fiber intake
- Watch portion sizes

HDL-C

Women:
Less than 50 mg/dL

Men:
Less than 40 mg/dL



- Eat more beans and legumes
- Use olive oil when cooking
- Eat more whole grains
- Eat fatty fish, like salmon, 2 times per week
- Eat more fruits and vegetables
- Include nuts and seeds as snacks

Consider working with a registered dietitian



Heidi K McMahan, MPH RDN
Ventura, CA 93003

www.love4nutrition.com
heidimc375@gmail.com

p: (425) 501-6670 f: (805) 256-6081