

Recommended Values

Know Your Numbers



Keeping these values within normal range will help prevent chronic diseases and decrease your risk of developing complications. If your results fall outside of the desired ranges listed, contact your primary care provider.

BLOOD PRESSURE	Normal		People with Diabetes		Your Results
	Systolic \leq 120		Systolic \leq 130		
	Diastolic \leq 80		Diastolic \leq 80		
BLOOD GLUCOSE		Normal	Pre-Diabetes	Diabetes	Your Results
	Fasting	70 - 99	100 - 125	126 or higher	
	2 hrs. after meal	70 - 139	140 - 199	180 or higher	
	A1C	4.5 - 5.6%	5.7 - 6.4%	6.5% or higher	
CHOLESTEROL	Test		Target		Your Results
	Total Cholesterol		Desirable: Less than 200		
	HDL (Heart Healthy)		Desirable: Men: 40 or higher Women: 50 or higher		
	LDL (Lousy)		Desirable: Less than 100		
	Triglycerides		Desirable: Less than 150		
BODY MASS INDEX (BMI)	Weight _____ Height _____	BMI		Your Results	
	Underweight		Below 18.5		
	Normal weight		18.5 - 24.9		
	Overweight		25 - 29.9		
	Obese		30 and above		
BODY FAT PERCENT	Gender	Under 30 years	Over 30 years	Your Results	
	Female	17-24%	20-27%		
	Male	14-20%	17-23%		
HEALTHY WAISTS TO HIP RATIO TARGETS	Gender	Inches		Your Results	
	Female	Less than 0.9 inches			
	Male	Less than 0.85 inches			
DERMAL SCAN	Assessment		Target	Your Results	
	* Adequate fruit and vegetable intake		240 - 280		

* Preliminary data indicate that a veggie meter score between 280 and 480 indicates adequate fruit and vegetable intake, and that each 100 units of the veggie meter score increase corresponds to approximately one additional serving (cup)/day of FV consumed. Our team is keeping up to date on this area of research, which is still very new, so please know that these amounts score equivalents may change as more data is gathered.

BLOOD PRESSURE is the force of blood against artery walls. It is measured in two numbers. The top number (systolic) measures the force of blood when the heart beats. The bottom number (diastolic) measures the force of blood when the heart rests. High blood pressure (HBP) means the pressure in your arteries is higher than it should be.

BLOOD GLUCOSE is the amount of sugar (glucose) present in the blood. If you have diabetes, the American Diabetes Association (ADA) recommends target blood glucose levels of 80–130 mg/dl during fasting and before meals, and less than 180 mg/dl one to two hours after a meal.

A1C is a blood test that tells you your average blood glucose levels for the past two to three months. It measures how much glucose is attached to your red blood cells. Because you are always making new red blood cells to replace old ones, your A1C changes over time as your blood glucose levels change.

If you have diabetes, the ADA recommends a target A1C of less than 7% for most adults.

CHOLESTEROL is a waxy, fat-like substance that occurs naturally in all parts of the body. The body needs some cholesterol to work properly. However, if you have too much in your blood, it can combine with other substances in the blood and stick to the walls of your arteries. This is called plaque. Plaque can narrow the arteries and/or block them and this increases your risk for heart disease.

- Total cholesterol is comprised of two special proteins called LDL (low-density lipoprotein) and HDL (high-density lipoprotein) along with triglycerides, another form of fat.
- HDL is considered “good” cholesterol because it removes cholesterol from the blood stream and artery wall.
- LDL is considered “bad” cholesterol. While it carries needed cholesterol to all parts of the body, too much LDL in the system can lead to coronary artery disease due to the buildup of LDL deposits in the artery walls.
- Triglycerides is a type of fat that is packaged with cholesterol when the lipoprotein forms in the liver cells. Triglycerides are stored in fat all over the body and can be an energy source like carbohydrates.

BODY MASS INDEX (BMI) indicates if a person is underweight, normal weight, overweight or obese. This number is determined by measuring the weight relative to height.

BODY FAT PERCENT is the percent of a person’s weight that is fat.

WAIST-TO-HIP RATIO compares your waist size to your hip size, higher ratios can mean you have more fat around your waist and can lead to a higher risk for heart disease or diabetes.

DERMAL SCAN assessment of dermal carotenoids for fruit and vegetable consumption.