

Appendix 18: Monitoring Your Health

Monitor Your Health	Target		Your Values	
	US values	Int'l values	Date:	Date:
Total Cholesterol	< 200 mg/dL	< 5.2 mmol/L		
LDL Cholesterol	< 100 mg/dL	< 2.6 mmol/L		
HDL Cholesterol	> 60 mg/dL	> 1.5 mmol/L		
Triglycerides (TG)	< 150 mg/dL	< 1.7 mmol/L		
Fasting Blood Sugar	< 100 mg/dL	< 6.1 mmol/L		
Post-Meal Blood Sugar (1-2 hours post-meal)	< 140 mg/dL	< 7.8 mmol/L		
Hemoglobin A1c	< 5.7%	< 5.7%		
C-Reactive Protein (CRP)	< 1.0 mg/dL	< 10 nmol/L		
Waist Girth	Women	< 35 in	< 88 cm	
	Men	< 40 in	< 102 cm	
Blood Pressure	< 130/90 mm Hg	< 130/90 mm Hg		
Glomerular Filtration Rate (GFR)	90 or above	90 or above		
Creatinine	0.5-1.2 mg/dL	0.044-0.107 mmol/L		