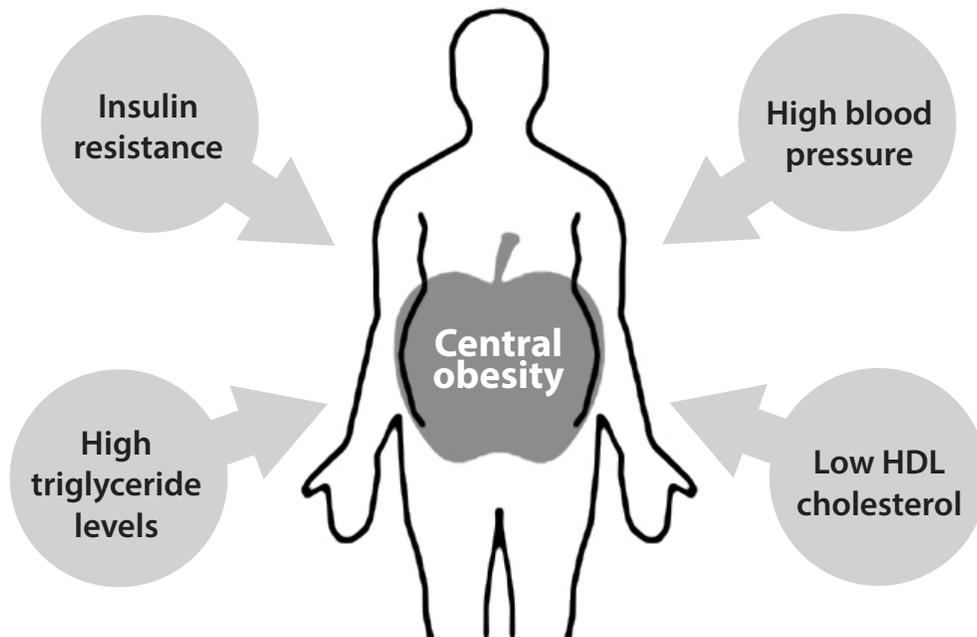


Metabolic Syndrome (MetS)

What is Metabolic Syndrome (MetS)?

Metabolic Syndrome (MetS) is a term used to describe a group of conditions that puts people at a higher risk of developing Type 2 diabetes, heart disease and other heart-related problems.

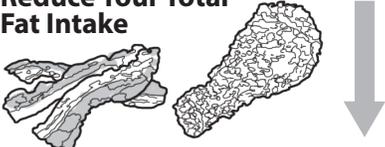
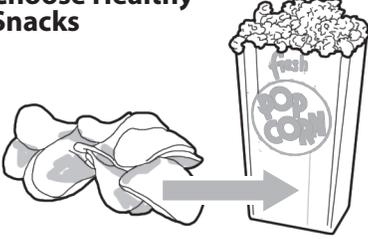
The 5 Symptoms of Metabolic Syndrome



If you have 3 or more of the following conditions, you are considered to have (MetS):	Reference values	Your values Date:
Elevated fasting blood glucose	more than 5.6 mmol/L (fasting) more than 11.1 mmol/L (random)	
Elevated blood pressure	more than 140/90	
Elevated triglycerides	more than 1.7 mmol/L	
Reduced high density lipoprotein cholesterol (HDL)	Men more than 1.0 mmol/L Women more than 1.3 mmol/L	
Elevated waist circumference	Men more than 102 cm Women more than 88 cm	

Where can I get more information?

If you have any questions, contact HealthLink BC by calling 8-1-1. You can speak to a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

Recommendations	What can I do?
Take Your Medications 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to take your prescribed medications <input type="checkbox"/> If concerned about MetS or weight gain, review medication changes with your psychiatrist or pharmacist
Reduce Your Total Fat Intake 	<ul style="list-style-type: none"> <input type="checkbox"/> Try plant-based protein foods (beans, soybeans, lentils, chickpeas, edamame, tofu and veggie ground round) <input type="checkbox"/> Choose lean meats (skinless poultry and lean ground beef) <input type="checkbox"/> Eat less processed meats (bacon and sausages) <input type="checkbox"/> Eat less fast-food burgers, deep-fried chicken and greasy pizza
Increase Omega-3 Fats 	<ul style="list-style-type: none"> <input type="checkbox"/> Eat fresh, frozen or canned fish 2-3 times per week <input type="checkbox"/> Choose fatty fish (salmon, sardines, tuna, mackerel and trout) <input type="checkbox"/> Try mashing canned sardines with mustard and using it in your sandwiches and salads
Increase Fibre 	<ul style="list-style-type: none"> <input type="checkbox"/> Try barley, brown rice, lentils, kidney beans and black beans Choose whole-grain breads for your sandwiches <input type="checkbox"/> Roast vegetables like squash, sweet potatoes and yams <input type="checkbox"/> Add fresh, frozen or canned high-fibre fruits (apples, pears and peaches) and berries to your bran cereals or oatmeal
Make Half of Your Plate Non-Starchy Vegetables 	<ul style="list-style-type: none"> <input type="checkbox"/> Try stir-frying green beans, broccoli, onions and celery <input type="checkbox"/> Add low-sodium canned vegetables (tomatoes, peas, carrots and corn) and beans to a hearty chili or soup <input type="checkbox"/> Add in frozen vegetables like kale and spinach to bulk up your soups and stews <input type="checkbox"/> Try roasting brussel sprouts, eggplant, cauliflower and beets <input type="checkbox"/> Make a salad by tossing together bean sprouts, cucumber, peppers and lettuce
Choose Healthy Fats 	<ul style="list-style-type: none"> <input type="checkbox"/> Use vegetable oils (canola, olive, avocado and flaxseed) <input type="checkbox"/> Use non-hydrogenated margarine instead of butter <input type="checkbox"/> Try guacamole or add avocados to your tacos, nachos, sandwiches and salads
Choose Healthy Snacks 	<ul style="list-style-type: none"> <input type="checkbox"/> Replace chips with unsalted nuts and seeds <input type="checkbox"/> Spice up your plain popcorn with spices or nutritional yeast <input type="checkbox"/> Snack on fresh fruit in season <input type="checkbox"/> Munch on dried apple, banana or vegetable chips <input type="checkbox"/> Try hummus with whole grain crackers or raw vegetables <input type="checkbox"/> Add peanut butter or string cheese to plain rice cakes <input type="checkbox"/> Combine plain yogurt or cottage cheese with fruit
Drink More Water, Be More Active and Quit Smoking! 	<ul style="list-style-type: none"> <input type="checkbox"/> Aim for 30 minutes of physical activity 5 times a week <input type="checkbox"/> Include higher intensity activity 2-3 times per week (brisk walking, jogging, biking, swimming) to improve heart health <input type="checkbox"/> Include resistance or body-weight exercises (push-ups, pull-ups, crunches, weights, squats, lunges and planks) <input type="checkbox"/> Carry a water bottle to keep you hydrated wherever you go <input type="checkbox"/> Aim for 9-12 cups of fluids (water, tea, milk and coffee) daily <input type="checkbox"/> Replace pop or juice with sparkling water <input type="checkbox"/> If you smoke, ask your doctor for smoking cessation resources