



Do you know about metabolic syndrome?

What is metabolic syndrome?

The metabolic syndrome is a collection of conditions associated with metabolic disorder and increased risk of developing cardiovascular disease. Conditions such as dyslipidemia, high blood pressure, impaired glucose tolerance and abdominal fat accumulation fall into this category.

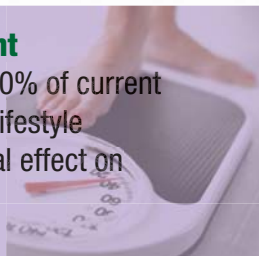
DID YOU KNOW?

You are considered to have metabolic syndrome if you have three or more of following:

1. Abdominal obesity:
Male > 35 inches; Female > 32 inches
2. Triglyceride level : >150 mg/dl
3. HDL-cholesterol level:
Male < 40 mg/dl ; Female < 50 mg/dl
4. Blood pressure : > 130/85 mmHg
5. Fasting glucose level : > 100 mg/dl

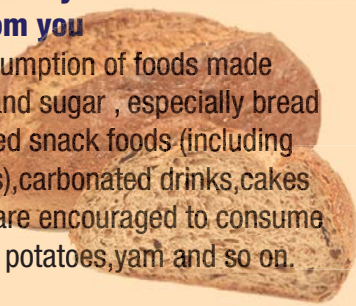
Maintain healthy weight

Moderate weight loss (5-10% of current weight) through diet and lifestyle modification has beneficial effect on metabolic syndrome.



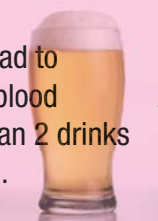
Keep refined-carbohydrate food and sugars away from you

Reduce your consumption of foods made with wheat flour and sugar, especially bread and most packaged snack foods (including chips and pretzels), carbonated drinks, cakes and biscuits. You are encouraged to consume whole grain, sweet potatoes, yam and so on.



Limit alcohol consumption

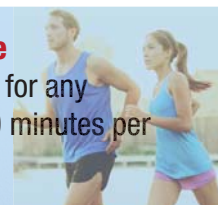
Excessive alcohol intake can lead to elevated triglyceride level and blood pressure. Consume no more than 2 drinks for men and 1 drink for women.



A healthy diet, leading you to a healthy life...

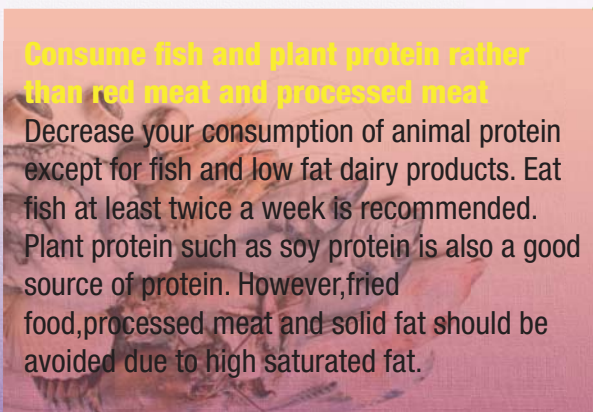
Being physically active

It is highly recommended for any individual to exercise 150 minutes per week.



Consume fish and plant protein rather than red meat and processed meat

Decrease your consumption of animal protein except for fish and low fat dairy products. Eat fish at least twice a week is recommended. Plant protein such as soy protein is also a good source of protein. However, fried food, processed meat and solid fat should be avoided due to high saturated fat.



Eat a variety of fresh vegetables and fruits

Eat generous amount of vegetables and consume fruits in moderation. Choose fruits and vegetables from all parts of the color spectrum, especially berries, tomatoes, orange and yellow fruits and vegetables, and dark leafy greens.



References

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