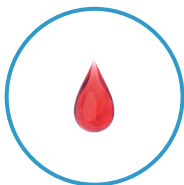




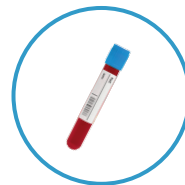
Waist circumference less than 90cm (35.5 inches) for men and less than 80 cm (31.5 inches) for women.

Blood pressure less than 140mmHg for systolic and less than 90 mmHg for diastolic.



Fasting blood glucose less than 5.6 mmol/L.

Fasting HDL cholesterol greater than 1.03 mmol/L for men and greater than 1.29 mmol/L for women.



Fasting Triglycerides less than 1.7 mmol/L.

If three or more are out of range, it means you have metabolic syndrome. It is then recommended that you follow the Real Food Lifestyle for Weight Loss until you regain personal good health. **If you are taking any medications, you should seek medical advice first.**