



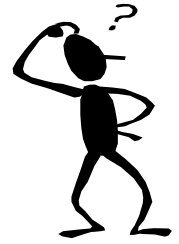
FAIRFIELD HOSPITAL

Department of Nutrition & Dietetics

WHAT YOU NEED TO KNOW ABOUT CHOLESTEROL AND TRIGLYCERIDES

- ◆ **Cholesterol is produced by the liver and found in the blood. It is also found in some animal foods such as egg yolk, offal, fatty meats, butter, full cream cheese and some shellfish.**
- ◆ **Too much blood cholesterol can cause fatty deposits to build up inside your blood vessels making it harder for blood to flow through them. The gradual blocking of blood vessels in the heart may lead to a heart attack.**
- ◆ **Total blood cholesterol should be less than 4.0 mmol/l if you are at risk of heart disease or you already have the disease.**
- ◆ **You are at risk of heart disease if you have diabetes, or if you have high blood pressure, or if you are overweight or carry too much fat around your waist**

THE MAIN CAUSES OF HIGH BLOOD CHOLESTEROL



- ◆ Family history
- ◆ Eating too much saturated fat
- ◆ Being overweight

This indicates that some of the causes for a high level of blood cholesterol are related to a poor diet; therefore a healthy eating plan is very important to maintain blood cholesterol within healthy range.

DIETARY STRATEGIES TO REDUCE BLOOD CHOLESTEROL

- ◆ Eat plenty of foods high in soluble fibre: This includes fruits, vegetables and legumes such as beans, lentils, chickpeas, and soybeans. Also select high fibre or rye bread; rolled oats, and fortified breakfast cereals such as guardian®, health wise for the heart®, etc.
- ◆ Reduce intake of saturated fats: This can be achieved by eating low fat dairy products, lean meat, skinless chicken, avoiding the use butter, lard, cakes, fried take-away foods, Spanish chorizos, sausages, cream.
- ◆ Include some mono and poly unsaturated fats in your diet: Use oils such olive and canola when cooking, sunflower oil for salads, margarine or avocado as spread and nuts and seeds (unsalted) as snacks.
- ◆ Reduce intake of foods high in cholesterol: Limit your intake of eggs yolk to no more than 6 per week; limit your intake of shellfish such as calamari, octopus and prawns to no more than 1 serve per week; avoid offal.

Use products enriched with plant sterols Consumir productos fortificados con esteroides. eg. Margarines: Logical ® Proactive® Meadow Lea Heart Plus ® Aldi Cholesterol Light®; TableLands Reduce Cholesterol® Cheese: Kraft Live Active Slices®; Milk: Dairy Farmers Heart Active®; Devondale Reduce One® Aldi Cholesterol Milk®

- ◆ Plant sterols are natural components of plants. They have a structure very similar to cholesterol; therefore they can "compete" with cholesterol in the intestine, which can help to reduce blood cholesterol.

Triglycerides

Triglycerides are another type of fat found in the blood stream. Triglycerides in the blood are derived from fats eaten in foods or made in the body from other energy sources like carbohydrates.

Elevated triglycerides may be a consequence of other disease, such as poorly controlled diabetes.

A high blood triglyceride level can reduce your good cholesterol (HDL) and can increase the risk of heart disease

Dietary factors that increase triglycerides -



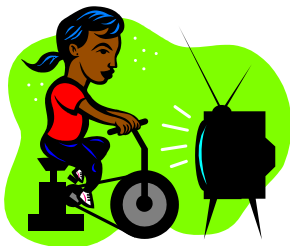
- ☹ High alcohol intake
- ☹ High fat intake (especially saturated fats)
- ☹ High intake of “simple” sugars eg soft drinks, cordials, lollies etc.

Strategies to reduce triglycerides -

- ☺ Consume more omega 3 fats, eg try to have two to three fish meals per week.
- ☺ Avoid alcohol
- ☺ If overweight, losing weight will help to lower your triglycerides
- ☺ If you have diabetes, try to maintain the blood sugars within normal range
- ☺ Include foods with a low glycemic index eg: legumes, multigrain bread and cereals, rolled oats, apples, pears, etc.

Last but no the least: Exercise daily!

- ◆ Regular exercise is very important to keep you healthy and reduce your "bad" cholesterol and triglycerides.
- ◆ Any form of exercise is beneficial. Choose an exercise that you enjoy!!!
- ◆ The recommendation is to exercise for 30 minutes or more every day



DIETITIAN.....CONTACT NUMBER.....