
HIV Nutrition Education

Nutrition Fact Sheet



Lowering Cholesterol and Triglycerides

Cholesterol and triglycerides are two types of fat found in foods. The body also makes these fats called blood lipids. HIV infection causes elevated triglyceride levels and some HIV medications can increase cholesterol and triglycerides levels. High blood lipids levels increase risk for heart disease. Your doctor can discuss all the options for treating elevated lipid levels and make a referral to a registered dietitian to discuss your diet. In general, limiting or reducing the amount of saturated fat and cholesterol, in your diet can lower lipid levels. The following are some suggestions to help you get started. It may be difficult to do all of them, but try a few to see what works for you.

Tips to reduce cholesterol and triglyceride levels

- Lose weight if overweight. Maintain a waist measurement well below 40 inches for a man and 35 inches for women.
- Reduce the amount of fat, particularly saturated and trans-fat in your diet. This includes foods such as:

Butter	Cookies	Cream cheese	Sausage	Bologna
Margarines	Pies	Sour cream	Chicken skin	Pepperoni
Gravies	Cakes	Cheese	Bacon	
Sauces	Muffins	Cream	Salami	
Deep fried foods	Crackers	Ice cream	Hot dogs	

- Foods that have trans fats will have the words hydrogenated or partially hydrogenated in the list of ingredients. In 2006, trans fats will be included on the nutrition label. Choose foods without hydrogenated fats or those where it is not listed first or second in the list of ingredients.
- Choose the leanest cuts of meat, and remove any extra fat or skin.
- Choose mono- and polyunsaturated fats over saturated fatty foods. For example, nuts, seeds, oils, and avocado. Eat one ounce of nuts such as walnuts or almonds five times a week.
- Increase Omega-3 fatty acids. Eat fish* rich in this special fat (salmon, herring, sardines, anchovy, halibut, mackerel two to three times a week. See word of caution about fish.
- Add flaxseed (grind up) or flaxmeal to foods such as cereals, yogurts, and pancake batter.
- Increase fiber in your diet. Eat at least 3 pieces of fruit a day and one cup of vegetables, which are not cooked in butter, cheese or cream sauces. Choose whole fruits over juice.
- Eat beans and legumes, whole grains, cereals and starches.
- Choose non-fat or one percent (1%) fat dairy products (non-fat yogurt and non-fat or 1 percent fat milk). Avoid whole- and "low-fat" dairy products. That means 2% fat content or above.
- Add soy products such as tofu to your diet a couple of times a week.
- Consider plant stanol/sterols found in butter substitutes such as Take Control or Benecol. Consume 2-3 grams a day. They help remove cholesterol from the body.
- Limit simple sugars (soda, desserts, candy, fruit juice) and alcohol, especially if you have high triglycerides. Cut back on juice if consuming large amounts. A serving of juice is about 4-6 ounces or ½ to ¾ of a cup.

For more information or to sign up for nutrition classes call:

Janelle L'Heureux MS RD: 213201-1556 jheureux@apla.org or go to www.apla.org & click on **Community Calendar**.
APLA copyright © 2004. For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1452 Voice or 213-201-1582 TTY at least 4 working days in advance to ensure availability.

- Develop a routine of regular physical activity and weekly exercising. Walk at least 30 or more minutes everyday or at least five times a week.

Note about eggs and cholesterol

An egg contains about 200 milligrams of cholesterol, almost the amount of cholesterol not to exceed in a day when following a low cholesterol diet. However, eggs are low in saturated fat. In addition, eggs contain important nutrients and are a good and inexpensive source of protein. If trying the other tips to reduce cholesterol and triglycerides does not lower values enough, consider limiting your egg consumption to 3-4 eggs a week or try egg substitutes.

% Daily Value

Use the % Daily Value column on the food label to help select foods low in saturated fat and cholesterol and high in fiber. A percent daily value of 5 to 10% represents a low to moderate source of the particular nutrient, vitamin or mineral or food component, whereas 20% or more is a high source. For example, if it says a serving provides 25% for saturated fat (this is based on following a 2000-calorie diet), eating the serving size amount would be a high source of saturated fat, almost one fourth of the amount you should eat in an entire day. However, this high source can be balanced by several other choices of low percentage foods throughout the day. Try to keep the percentage low for saturated fat, cholesterol and sugars and higher for fiber.

Term	Examples
Monounsaturated fats	Olive, canola and peanut oils, avocados and most nuts
Saturated Fats	Whole milk, butter, ice cream, whole milk cheeses meats, and vegetable oils like palm and coconut and cocoa butter
Trans Fats	French Fries, potato chips, cookies, cakes, pies, donuts, crackers, margarines, microwave popcorn, coffee creamers, and many other products. Read the ingredient list.
Simple sugars	Sucrose (table sugar, brown sugar) and glucose (dextrose, corn syrup, high fructose corn syrup, glucose syrup)
Starches	Potatoes, parsnips, yams, the flours, products and whole grains of wheat, rice, oats, corn, barley, rye, soy. These could also be breads and breakfast cereals, etc.
Legumes	Beans, peas, peanuts and lentils

*Caution: The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) have advised that groups most sensitive to methylmercury — women of childbearing age and young children — not eat swordfish, king mackerel, tilefish (golden bass or golden snapper) and shark, all of them having relatively high mercury levels. Furthermore, the FDA, which oversees fish sold in stores and restaurants, advises these women and children that 12 ounces a week, of various kinds of fish, is safe. The EPA, which is concerned with freshwater fish of the sort anglers bring home, advises the same group to eat no more than six ounces week for adults, or two ounces a week for children.

For more information or to sign up for nutrition classes call:

Janelle L'Heureux MS RD: 213201-1556 jlheureux@apla.org or go to www.apla.org & click on **Community Calendar**.
APLA copyright © 2004. For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1452 Voice or 213-201-1582 TTY at least 4 working days in advance to ensure availability.