

Fats and oils such as butter, olive oil, or canola oil are less likely to depress the immune system.

- ✓ Trans fats are twice as bad to blood cholesterol as animal fats are.
- ✓ Some foods (such as chocolate) do not contain cholesterol but do contain saturated fat.

Heart-Healthy Eating

Eat fewer store-bought convenience one-dish meals, pancakes, waffles, biscuits, muffins and cornbreads. Avoid fried and fatty fast foods.



Food Preparation Tips

- Do not fry food. Bake, broil, grill, microwave, poach, steam or sauté food (in broth or fruit juice).
- Trim fat from meat. Remove the skin from chicken or turkey before eating.
- Try meatless meals a few times a week.
- Add foods high in MUFA such as nuts, olives, and sesame seeds to recipes.
- Try using applesauce instead of some oil if baking.
- Use light or nonfat mayonnaise instead of the high-fat kinds.

Medical Monitoring Is Important

Talk with your health care provider about lowering blood cholesterol. Discuss diet changes, exercise, smoking cessation, medications, and dietary supplements. If possible, get a medical

exam (blood tests, bioelectrical impedance analysis -BIA) and see a nutritionist before following the advice in this pamphlet.

Note: This information is for educational purposes only. Nothing here should be considered medical, fitness, dietetic, or other professional advice. Pamphlet information is based on current beliefs among researchers and research studies in the scientific literature as of January 2005.

References

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People with lipodystrophy (LDY) often have heart disease. Many of them have high blood levels of cholesterol and triglycerides. High cholesterol is the most common cause of heart disease.

Cholesterol is in meat, fish, shellfish, poultry, eggs and dairy foods. Eating too much of some fats increases the risk of having high cholesterol too. It blocks the arteries from sending oxygen to the heart and can cause a heart attack.

Meal plans low in cholesterol and saturated fat lessen the risk of heart disease. The tips in this pamphlet can help people to make healthy food choices.

Why Is Diet Important?

Heart-Healthy Guidelines



1. Maintain a healthy weight.
2. See your health care provider and a nutritionist for a healthy meal plan with a variety of foods.
3. Limit fat to 30% of your total daily calories. Limit saturated fat (hydrogenated vegetable and animal products) to 10% or less and avoid trans fat. Choose foods low in cholesterol (200-300 milligrams {mg}). Limit sodium to 2,400 mg.
4. Exercise. Ask your health care provider about exercise such as walking and lifting weights.

Healthy Body Weight And Diet

Seek help from health care providers who care for HIV-positive people. Some of them have nutrition professionals on-site. Nutritionists can design a meal plan just for you. The meal plan can help you to maintain a healthy body weight.

Fat Intake

Usually, 30% of your daily calorie intake should come from fat. For a person eating 2,000 calories a day that would be 600 calories of fat (2,000 x 0.30 = 600 ÷ 9 = 67 grams of fat). Only 10% of your fat calories should come from saturated fat (22 grams).

FOODS TO HELP LOWER CHOLESTEROL		
Apples & applesauce	Canned tuna in water	Cranberry
Flaxseed	Garlic & Ginger	Ginkgo biloba
Hawthorn	Mackerel & Salmon	Lemon
Leafy greens	Legumes/Beans	Mushrooms
Mixed Nuts & Seeds	Oat bran & Oatmeal	Olives
Olive and Canola oil	Onion & Leeks	Orange juice
Soy foods	Whey protein	Whole grains

Planning Healthy Meals

- Read labels. This helps to monitor daily calorie and fat intake. Avoid foods that list first fat, oil, or ingredients high in saturated fat or cholesterol. Buy canned fish packed in water not oil.
- Eat complex carbohydrate foods that are high in fiber (whole grains, cereals, rolls and unsweetened ready-to-eat cereal). Avoid simple carbohydrates (soda, Kool-Aid, sugary fruit drinks, etc.).
- Eat more fruit and vegetables. Eat more soluble fiber such as psyllium-rich foods (Metamucil, All Bran, and Bran Buds).*
- Eat lean cuts of meat. Eat fish once a week. Eat 25 grams of soy foods (meat alternatives, soy protein, soy beans, soy beverages, tofu) daily.

Avoid fatty meats such as corned beef, regular ground beef, pork spareribs, sausage, bacon, hot dogs, high-fat cold cuts, etc.

- Eat low-fat cheeses and drink 1% milk. **Avoid** processed high-fat cheeses. Avoid full-fat coffee creamers, cream cheese, ice cream, whipped cream, sour cream, etc.

- **Eat** foods rich in omega-3 polyunsaturated fat (fatty fish, walnuts, flaxseed, canola oil, etc.) and monounsaturated fat (MUFA).

Avoid foods with partially hydrogenated oils (trans fats), saturated oils and fats such as palm oil, bacon fat, high-fat salad dressings, lard, shortening, etc.

- Eat butter or trans fat-free margarines such as *I Can't Believe It's Not Butter Light* or *Country Crock Light*, or tub margarine with stanol esters such as *Benecol* and *Take Control*.
- Eat fruit as a snack or dessert. Avoid high-sugar, high-fat baked goods.



* Very Important Information

Take psyllium at least one hour after taking medicines or supplements. Drink at least five ounces of fluid for each five grams of psyllium that you eat. Never eat psyllium when lying down or at bedtime. Do not take psyllium if you have uncontrolled diabetes, allergic reactions, throat, bowel, or stomach obstruction.

A Word About Triglycerides

High triglycerides also increase the risk of heart disease. Most of the body's fat tissue is in the form of triglycerides. Triglycerides carry fat in the blood to body tissues. Eat **fewer sweets and carbohydrates** to lower triglycerides. Even small changes can lower cholesterol and body weight.

Fat Facts

Corn, sunflower, safflower, and soybean oils, decrease immune function.

- ✓ Eating less saturated and trans fat is the best way to lower body cholesterol.

Avoid high-fat liquids; snacks; junk food (such as cake, doughnuts, sweet rolls, chocolate, etc.); high-fat gravy, cheese or cream sauce.