

ELEVATED CHOLESTEROL



SUMMARY:

If you have HIV, you can benefit from a heart healthy diet to help decrease your unhealthy cholesterol levels and lower your risk for heart disease. Too much cholesterol can build up in the blood vessels (which can increase your risk for heart attack and stroke). Additionally, people with HIV have a higher risk of heart disease compared to people without HIV.

There are things you can do to lower your cholesterol. We recommend eating a balanced diet with whole grains, fruits and vegetables, and lean protein.

Try to limit saturated fats and cholesterol from animal products like dairy and fatty meats. Choose foods with healthy fats like fish, avocado, canola oil, olive oil and nuts.

Limit food and beverages high in added sugar. Consume foods high in fiber. If you drink alcohol, do so in moderation.

OTHER INFORMATION:

- Hypertension, high LDL cholesterol, and high total cholesterol are major risk factors in heart disease and stroke.
- Trans fats increase levels of LDL cholesterol. Trans fat can be found in foods like stick margarine, shortening, baked goods, processed sweets, and some fried foods. Avoid foods with “partially hydrogenated oil” on the ingredient list.

EXAMPLES OF FOODS WITH SATURATED FAT ARE:

Limit these, and read labels:

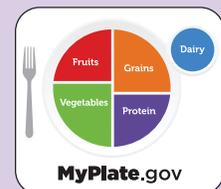
- *Fatty marbled beef and pork, lamb, poultry (especially with skin), beef fat, bacon, sausage and processed deli meats (salami, bologna, pepperoni)*
- *Full fat dairy products (whole milk, cheese, ice cream), lard, cream, butter, stick margarine, coconut oil, palm oil, palm kernel oil*
- *Some baked and fried foods.*

TRY THESE INSTEAD:

- Whole grains, avocados, nuts
- Lean proteins like chicken, turkey and fish
- Low fat/ non-fat dairy products

HEALTHY SNACK IDEAS!

- Carrots and hummus OR
- Blueberries and almonds OR
- Popcorn without butter (up to 3 cups)



Use the QR code to the right to learn more about Saturated Fats. Or visit www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats#:~:text=AHA%20Recommendation,of%20saturated%20fat%20per%20day



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GUIDELINES TO CONSIDER WHEN LIVING WITH HIV:

- Eat a balanced diet with whole grains, fruits and vegetables, and lean meats and poultry without skin.
- Limit saturated fats, trans fats, and cholesterol like *fatty pork, lamb, bacon, processed deli meats (salami, bologna, pepperoni), full fat dairy products (whole milk, cheese, ice cream), butter, stick margarine, lard, coconut oil, palm oil and palm kernel oil.*
- Limit cholesterol to 200 mg per day if your cholesterol is high.
- The American Heart Association recommends aiming for 5%-6% of calories from saturated fat.
 - Example: If you need 2,000 calories a day, less than 14 grams of saturated fat is recommended.
- Eat more omega-3 fats (heart-healthy fats) like walnuts, canola, flaxseed, and soybean oils. Aim to eat fish twice per week.
- Limit refined carbohydrates especially added sugars, sweets and sugar-sweetened beverages.

Refined carbohydrates are foods like *baked goods, foods with added sugars, desserts, white rice, products made with white flour (white bread, white pasta, pizza dough and many breakfast cereals).*

- **Added sugars should be less than 10% of the total calories per day (2020-2025 dietary guidelines).**
- Consume foods high in fiber like fruits and vegetables.
 - Replace refined grains with whole grains to improve your fiber intake.
 - Aim for 25 grams of fiber per day for women and 38 grams of fiber per day for men.
- **If you drink alcohol, do so in moderation. Ask your doctor if alcohol can be included in your daily meal plan.**

References: Academy of Nutrition and Dietetics. Nutrition Care Manual. <http://www.nutritioncaremanual.org>. Accessed May 2nd 2022.

Saturated Fat. (2021, November 1). Www.Heart.Org. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats#:~:text=AHA%20Recommendation,of%20saturated%20fat%20per%20day>

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

Food Labels. (2021, April 23). Centers for Disease Control and Prevention. Retrieved May 2, 2022, from <https://www.cdc.gov/diabetes/managing/eat-well/food-labels.html>

Nutrition Facts

4 servings per container
Serving size 1 cup (180g)

Amount per serving
Calories 245

	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%

Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BE SURE TO READ FOOD LABELS!

- Check the **Serving size**. This label above is for a 1-cup serving.
- This container has 4 servings. If you eat the whole package, you are eating 4 times the amount of calories, carbs, fat, etc., shown on the label.
- **Choose foods with lower calories, saturated fat, sodium, and added sugars. Avoid trans fat.**

You can learn more about food labels or cholesterol by visiting these QR codes below.



www.heart.org



www.cdc.gov

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