

Diabetes

Corner Gazette

Lipid-Licking Lifestyle Guide

What are lipids?

Lipids are the fats found in your body and in your bloodstream. Cholesterol is a lipid. We need fats like cholesterol for health, but too much can be a problem.

High levels increase your risk for heart disease or a stroke.

The names of lipids measured for health are:

Total cholesterol, LDL (low density lipids), HDL (high density lipids), and triglyceride.

Know your numbers!

Targets for good health:

- Total Cholesterol: less than 200 mg/dl
- LDL: less than 100 mg/dl
- HDL more than 40 for men and more than 50 for women
- Triglyceride less than 150



HDL is known as the “good” cholesterol because it can protect you when it is at target or higher. LDL is known as the “bad” cholesterol because it gets stuck in your veins and arteries. Triglyceride is also a fatty substance found in the blood and can cause blood vessel problems.

The Quick List to Lower Lipids:

- Exercise 30 minutes every day.
- Keep fat down to 25-30% of daily calories.
- Eat no more than 7% saturated fat, and zero trans fat if possible.
- Eat 25-30 gm. of fiber a day.
- Eat 5-9 servings of fruits and vegetables a day.
- Eat 2 servings of fatty fish (like salmon, tuna, sardines) a week, or 1000 mg of fish oil (EPA and DHA) a day.
- Learn to read labels for amount of fat and types of fat.
- Eat less simple sweets like candies, pastries and soda (they raise triglyceride)

Physical Activity:

Aerobic exercise is best for lowering total cholesterol and LDL, while increasing the HDL levels. Aerobic exercise is any activity in which you use your large muscles (like arms and legs) and are slightly short of breath but not out of breath. If you can talk but can't sing, you are in a good zone.

Frequency (How often): Activity done at least 5 days (7 days is ideal) a week for at least 30 minutes is best.

Examples:

- Walking
- Stacking wood
- Active housework (washing windows and scrubbing floors)
- Dancing
- Fitness classes
- Water aerobics
- Home exercise equipment like: treadmills; stair machines and elliptical trainers
- Active gardening



Heart Healthy Diet:

The basics of a heart healthy diet include foods to eat more often, and the foods to eat less often.



Fat

Try to limit total fat to 25-30% of your total calories each day. Most adults do not need more than 1800 to 2000 calories a day for good health, so that would be about 50 to 65 grams of fat a day.

Types of fat

Saturated fat and Trans fat increase the amount of LDL and cholesterol your body makes. Trans fat increases LDL (bad cholesterol) and lowers HDL (good cholesterol). Saturated fat should be limited to no more than 7% of your total calories, about 14 to 16 gm. per day. Trans fat should be at zero if at all possible.

Monounsaturated and Polyunsaturated fats do not raise lipids, and can lower levels of LDL (bad fat) while maintaining or raising HDL (good fat) in your system. The majority of the fat in your diet should be made up of Monounsaturated and polyunsaturated fats.

