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|  | **DIETARY MANAGEMENT OF****HIGH BLOOD CHOLESTEROL** |
| **Made by KIRANSHIWANI on 26-04-2012as a part ofcourse no Of BSHE****under the guidance of Prof. Dr. Rubina Hakeem (RH)** |

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| **DESCRIPTION OF HIGH BLOOD CHOLESTEROL** **Classification Of Cholesterol****Cholesterol**is a major component of brain and nerve tissue, it is found in many food mainly in animal food, and also synthesized by the body. **[1]** **Assessment**Serum total cholesterol should be measured in * Adults of 20 years of age.
* Older atleast every 5 year.**[3]**

**High Blood Cholesterol**is a condition characterized by very high level of cholesterol in the blood. By this condition, the incidence of plaque in the arteries &its complication increase.**[2]**  **[10]****CAUSES OF HIGH BLOOD CHOLESTEROL** |
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| * **O**besity
* **S**moking
* **H**igh Consumption Of Coffee
* **D**iabetes
 | * **H**ypertension
* **H**igh sugar diet
* **P**hysically inactive**.[4]**
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| **NUTRITIONAL CONSIDERATIONS** |
| * Carbohydrates are taken approximately 55% of total calories.**[5]**
* Protein should be taken approximately 15% of total calories.**[5]**
* Keep the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of total calories [**6]**
* Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) perday.**[5]**
* Get 20 g to 30 g of dietary fiber per day: Fruits, vegetables, whole grains, dried beans are good sources of fiber.**[6]**
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**DIETARY CONSIDERATIONS**

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| * **VLFHC**(Very Low Fat High Carbohydrate)diet should be taken.
* E.G whole grains and vegetables**.[7]**
* Mediterranean diet( plant based diet) focus on fruits, cereal, fish, poultry. Egg consume in moderation.**[7]**
* Fruits, vegetables, whole grains and dried beans are good sources of fiber.**[8]**

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| **Do’s**  | **Don’ts** |

 | * Take antioxidant in your diet.
* E.G (citrus fruit like grape fruit, orange.[7]
* Eat more omega-3
* Aim to eat fish twice a week.
* Other foods with omega3 fat include walnuts, canola and soybean oils.**[8]**
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| **Meat group (5-6 oz/day**Beef(lean cuts well trimmed before cooking) ,poultry without skin, fish, egg white.**Milk g*r*oup (2-3cups/day)**Non fat Milk (fluid , powdered), yogurt (non fat or low fat), cheese (low fat natural) . low fat or non fat ice cream, low fat coffee.**Bread, cereal, ,rice &pasta****(6 or more serving/day)**Brown bread, oat, wheat, corn, pasta, rice, crackers (low fat), bran muffin, pancake (using un saturated oil).**Vegetable group (3-5 serving/day)**Fresh, frozen , and canned vegetables.**Fruit group (2-4 servings/day)** Fresh, frozen , and canned fruits.**Fats and oil(<6-8 tsp/day**)Unsaturated oil (Sunflower oil ,soybean, corn, cotton seed, canola, olive,), margarine made from unsaturated oil, salad dressing(made with unsaturated fat)peanut butter., cocoa powder. | **Meat group (5-6 oz/day)**Beef, pork, spare ribs, poultry with skin, fried fish and chicken, egg, salami, sausages.**Milk g*r*oup (2-3cups/day)**Whole milk, whole milk yogurt, cheddar, whole milk Mozzarella ,cream cheese, regular ice cream, cottage cheese.**Bread, cereal, ,rice&pasta.****(6 or more serving/day)**Bread made with fat, Egg & butter, commercially baked products , pastries and biscuits.**Vegetable group (3-5 serving/day)**Vegetables fried or prepared with butter, cheese or cream sauce.**Fruit group(2-4 servings/day)**fruits fried or fruits served with butter, cheese or cream sauce, avocados, olive.**Fats and oil(<6-8 tsp/day**)Coconut and palm oil, butter, dressing made with egg yolk, coconut, chocolate milk**. [9]** |
| **REFERENCES**1)Food, Nutrition And Diet Therapy BY Krause’s2) American Dietetic Association3) Nutrition Care Manual |
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