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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]** | |

**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]**  |  |  | | --- | --- | | **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’s  2) American Dietetic Association  3) Nutrition Care Manual | | |
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