

ELEVATED TRIGLYCERIDES



SUMMARY:

Triglycerides are a type of fat in your blood that increases your risk of heart disease. Additionally, people with HIV have a higher risk of heart disease compared to people without HIV. **A normal triglyceride level is below 150 mg/dL.** Following a heart healthy diet can help lower your triglycerides back down to normal range.

It is recommended that you avoid saturated fats and **replace them with unsaturated fats such as olive oil, canola oil, nuts and seeds, and fatty fish.** Limit foods high in added sugars and limit refined carbohydrates. Try to eat four to five servings of fruits and vegetables every day.

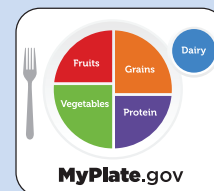
Weight loss is recommended if you are overweight or obese. (*Talk to your doctor to see what is right for you*). The American Diabetes Association also recommends engaging in 150 minutes of moderate- to vigorous-intensity aerobic activity per week.

OTHER INFORMATION:

- Consider talking to your doctor about combination therapy using statins and other lipid-lowering agents to see if it's right for you.
- According to a study by the American Heart Association (AHA), high triglycerides have a strong correlation with an increased risk of stroke, regardless of other cholesterol types and levels (LDL, HDL, total cholesterol).

EXAMPLES OF FOODS HIGH IN SUGAR ARE:

- *Donuts, pastries, candy, cookies, pie, ice cream, soft drinks, energy drinks, breakfast cereals*
- *Table sugars such as honey, sugar or jam*



WAYS TO REDUCE YOUR SUGAR INTAKE:

- Use alternative sweeteners such as Stevia or Sucralose.
- Try to eat more whole foods such as fruits and vegetables, nuts and seeds, lean meats and fish, and whole grains.

HEALTHY SNACK IDEAS!

- Greek yogurt and walnuts
- Blueberries and almonds
- Half a sandwich with whole wheat bread and tuna salad

Use the QR code to the right to learn more about FDA approved artificial sweeteners or visit <https://www.nal.usda.gov/legacy/fnic/nutritive-and-nonnutritive-sweetener-resources>.



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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
- Try to limit your table sugars including honey or jam.
- Limit refined carbohydrates especially added sugars, sweets and sugar-sweetened beverages.

Examples of refined carbohydrates: *baked goods, foods with added sugars, desserts, white rice, products made with white flour (white bread, white pasta, pizza dough and many breakfast cereals).*

- Reducing how much saturated fat and cholesterol you intake.

Saturated fat should be less than 10% of your daily calories (2020-2025 dietary guidelines for Americans).

- Limit saturated fats, trans fats, and cholesterol
Choose heart-healthy fats especially Omega-3 fatty acids from fish/seafood.
- Weight loss is recommended if you are overweight or obese. (Check with your doctor to see what is right for you).
- Stay a healthy weight and avoid weight gain.
- Increase daily physical activity - at least 150 minutes of moderate- to vigorous-intensity aerobic activity per week.
- If you drink alcohol, do so in moderation.
Or 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.

Nutritive and Nonnutritive Sweetener Resources. NAL. (n.d.). Retrieved April 28, 2022, from <https://www.nal.usda.gov/legacy/fnic/nutritive-and-nonnutritive-sweetener-resources>.

The Food and Drug Administration (FDA) (link is external) has approved the use of the following nonnutritive sweeteners: acesulfame-K, aspartame, neotame, saccharin, sucralose and stevia.

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.

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.
- **Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.**

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



www.diabetes.org



www.cdc.gov

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