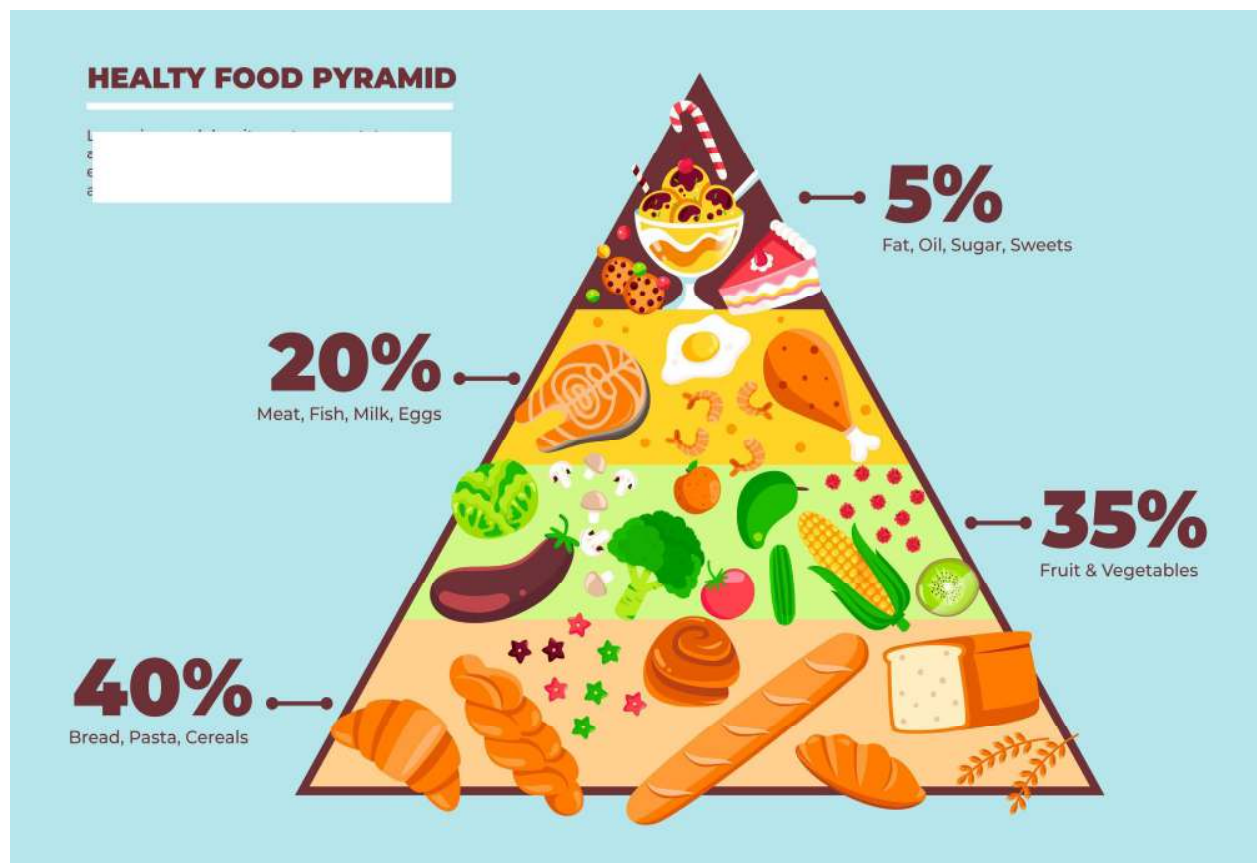


Nutrition Guidelines For Dyslipidemia- Low Fat, High Fiber Diet

- High blood cholesterol can affect anyone. It's a serious condition that increases the risk for heart disease or stroke
- Cholesterol is a waxy, fat-like substance found in the walls of cells in all parts of the body .
- If there is too much cholesterol in the blood, some of the excess can become trapped in artery walls. Over time, this builds up and is called plaque. The plaque can narrow vessels and make them less flexible, a condition called atherosclerosis or “hardening of the arteries.” This process can happen to blood vessels anywhere in the body, including those of the heart and brain.
- If the coronary arteries in the heart are blocked, blood may not be able to bring enough oxygen and nutrients to the heart muscle. This can cause chest pain, or angina. Some cholesterol-rich plaques are unstable—they have a thin covering and can burst, releasing cholesterol and fat into the bloodstream. The release can cause a blood clot to form over the plaque, blocking blood flow through the artery—and causing a heart attack.

INCLUDE	AVOID
Include small frequent meals- 5-6 meals per day.	Limit intake of refined products- rice, maida products, sugar, pasta, noodles, sweets. jelly etc.
Include whole wheat (atta), oats, brown rice and broken wheat (dalya) in your diet. You can choose whole wheat noodles or whole wheat pasta or fiber rich biscuits.	Avoid butter and cream biscuits, cakes, pastries, papads, pickles, processed food, Ajinomoto (MSG).
Include 2-3 servings of whole fruits per day. Example: apple, orange, musambi, guava, grapes, pear, watermelon.	Avoid deep fried items- both veg and non veg.
Choose whole fruit over fruit juice as the whole fruit contains more fiber.	Avoid butter, ghee, vanaspati ghee, margarine.
Include salad in all meals to improve fiber in your diet. Example: cucumber, carrot, capsicum, lettuce, beetroot.	Limit red meat and sea food intake to twice per month (avoid the fatty portion). Avoid egg yolk, sausage, bacon, ham etc
Include green tea 1-2 cups daily (150 ml/cup). You can add a pinch of cinnamon powder to the green tea.	Avoid bakery items like puff/pop, patties, paratha, samosa, cream bun.
Include milk (low fat or skimmed), curd (low fat) in your diet daily.	Avoid paneer.
Non vegetarian- you can choose chicken (skin out),	Avoid coconut oil and palm oil for cooking.

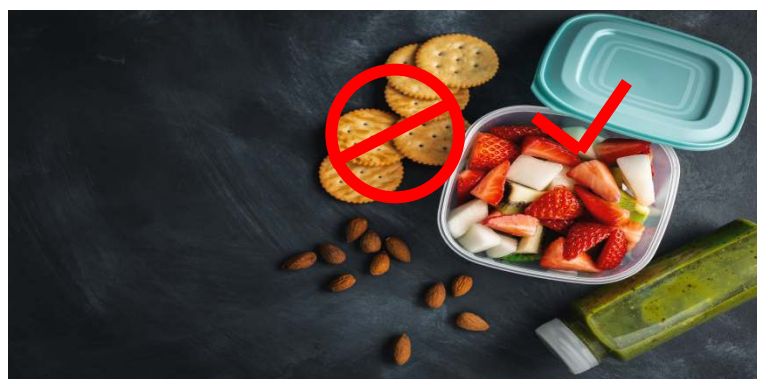
fish, egg white. Serving size: 2 small pieces/ day	Avoid fresh/dry coconut.
Increase use of soyabean, dal, channa, rajma (kholar), black chana, dried/fresh peas, etc.	Avoid alcohol and cigarette. Avoid chewing tobacco.
Oil intake: ½ liter per person per month. You can choose oil like rice bran oil, sunflower oil, olive oil. Their use can be on rotation basis. Olive oil- For salad dressing use extra virgin olive oil.	Miscellaneous- limit intake of chips, fruit juice, ice cream, mayonnaise, fast food, aerated drinks (coco-cola, pepsi, fanta).
Include nuts like almonds (5 no) and walnut (2 no) in your diet daily.	Do not add extra table salt.
Flax seed (cold milled)- 2 tbsp of flaxseed powder can be included in the diet daily.	
Include 30-45 minutes physical activity at least 5-6 days per week. Remember to keep yourself hydrated when you are exercising.	



Sample Menu for a man weighing 70 Kgs

Timings	Meal	Food Items	Amount
6 am	On waking up	Water	1 glass
6:30 am	Snack	Fruit (any fruit of your choice) OR Low fat milk / Tea + high fiber biscuit	1 whole fruit 1 cup + 2 no
7 – 8 am	Physical activity (brisk walking)	Sip on water or lemon water	500 ml
8:30 am	Breakfast OR Morning meal	Brown Bread (Atta bread) and egg white omelette + flaxseed powder with Tea or Low fat milk (less sugar)	4 slices + 2 egg whites + 2 tbsp 1 cup
		OR Oats with Low fat milk + almonds + flaxseed powder	1 big bowl + 5 almonds + 2 tbsp
		OR Rice with Veg Gravy Chicken (skin out) / Fish / Egg whites Boiled vegetables / Salad + olive oil + flaxseed powder Chutney	1 medium sized plate 1 small bowl 2 small pieces or 2 egg whites 1 small bowl + 1 tsp olive oil + 2 tbsp 2 tsp
11 am	Mid morning	Fruit (any fruit of your choice)	1 whole fruit
12- 1 pm	Lunch (if not eaten morning meal)	Rice with Veg Gravy Chicken (skin out) / Fish / Egg whites Boiled vegetables / Salad + Olive oil Chutney	1 medium sized plate 1 small bowl 2 small pieces OR 2 egg whites 1 small bowl + 1 tsp olive oil 2 tsp
		Rice + vegetables)	1 big plate
		Chicken (skin out) / Fish	2 small pieces

		Chutney	2 tsp
	If eaten morning meal then	Oats with milk + almonds OR Egg white sandwich	1 medium sized bowl + 5 almonds 2 slices Brown Bread (Atta bread) + 2 egg whites
3 pm	Green Tea + Snacks	Green Tea + cinnamon powder with High Fiber Biscuits (avoid creamy and butter biscuit)	1 cup + 1 pinch 2-3 no
6 pm	Snack	Fruit (any fruit of your choice)	1 whole fruit
7 pm	Dinner	Roti (no oil) OR Broken wheat (dalya) with Dal / Channa / Beans (kholar, lobia etc) Vegetable fry (less oil) Salad Chutney Crushed raw garlic	2 no OR 1 medium sized plate 1 small bowl 1 small bowl 1 small bowl 2 tsp 2 cloves
9 pm	Bedtime	Low fat milk OR Walnuts	1 glass 2 no



For any query feel free to mail diatetician at meenakshityagi18@gmail.com or book an appointment with the diatetician.

Courtesy:Akhire Kire Diatetician Image:Designed by Freepik
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Disclaimer:This is a sample diet chart with approximations.This doesn't replace clinical judgement or advise from a diatetician.