

Sources of High Fiber, cont.

Food	Serving Size	Soluble Fiber (grams)	Total Dietary Fiber (grams)
<b>Fruits</b>			
Apple with skin	1 small	1.0	2.8
Blueberries	1 cup	1.7	3.9
Cherries	1 cup	1.0	3.0
Dried prunes	3	0.9	1.8
Orange	1 small	1.8	2.9
Pear	1 small	1.1	2.9
Strawberries	1 ¼ cup	1.1	2.8
<b>Vegetables</b>			
Brussels sprouts	½ cup	3.0	4.5
Collard greens, cooked	½ cup	1.5	2.8
Green peas, frozen	½ cup	1.3	3.0
Sweet potatoes	½ cup	2.0	3.4
Turnips, cooked	½ cup	1.7	4.8
<b>Legumes/Nuts</b>			
Almonds	12 whole	0.2	1.2
Ground flaxseeds	1 Tbsp.	1.0	3.0
Peanuts, roasted	20 shelled whole	0.4	1.2
Butter beans, dried	½ cup	2.7	6.9
Kidney beans	½ cup	2.0	7.9
Black beans	½ cup	2.4	6.1
Soy burgers	1	N/A	4.0
Soynuts, roasted	¼ cup	3.5	8.0
<b>Fiber Supplements</b>			
Metamucil (regular)	1 Tbsp. (1 tsp. sugar free)	2.0	3.0
Benefiber	1 Tbsp.	3.0	3.0

Notes

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Diabetes Education  
**Lipid Management Program**

**Lipids**

*What are lipids?*

- Lipids are fats found in our blood.
- Different types of cholesterol and triglycerides are the lipids commonly measured with a simple, fasting\* blood test called a lipid profile.
- Abnormal level of lipids can increase your risk of developing fatty deposits (plaque) in your artery walls. Plaque buildup can reduce the blood flow in the arteries and lead to the sudden formation of clots, which may totally block an artery, resulting in a heart attack or stroke.
- You can't see or feel abnormal lipids, but it is very important to treat them to lower your risk of disease.

\*Fasting means only water and medications for 9-12 hours before the test.

**Lipid Value Goals**

Total cholesterol <170 mg/dl  
 LDL-C ("bad" cholesterol) <100 mg/dl\*\*  
 HDL-C ("good" cholesterol) >40 mg/dl  
 Triglycerides <150 mg/dl

\*\*The primary goal for treatment

**Risk Factors for Abnormal Cholesterol and Triglycerides**

- Eating too much saturated fat and cholesterol
- Eating too many sweets, sugars and simple or processed carbohydrates
- Drinking too much alcohol
- Being overweight
- Being inactive
- Using any type of tobacco

**Risk Factors for Heart Disease**

- High blood pressure (>140/90 or on medication for blood pressure)
- Low HDL-C (<40)
- Family history of early heart disease (father/brother <55 or mother/sister <65 years old)
- Age (men >45 or women >55 years old)
- Any tobacco use
- Diabetes
- Abdominal obesity

**How to Reduce Your Risks**

- Adopt healthy lifestyle choices
  - Eat foods low in saturated fat and cholesterol
  - Eat foods high in soluble fiber such as oatmeal, carrots, pears, oranges, and dried peas and beans (10-25 grams each day)
  - Eat <6 ounces of lean meat, fish and skinless poultry each day
  - Eat more whole grains, vegetables and fruits daily
  - Become more active on a daily basis
  - Lose weight if appropriate (start with a sensible, achievable goal, such as a 10% weight loss)
  - Avoid all tobacco use and being around smoke
- Get regular medical exams, including blood work.
- Take medications as ordered by your doctor. Always report any new or unusual symptoms that may be medication side effects.

## Track Your Progress: Reach Your Goal

### Goal Lipid Values

**Total Cholesterol:** <170 mg/dL  
**HDL ("good"):** >40 mg/dL (M)  
 >50 mg/dL (F)  
**LDL ("bad"):** <100 mg/dL  
**Triglycerides:** <150 mg/dL

Date	Test Results	Action	
	Total Cholesterol:		Diet:
<b>LDL Goal</b>	LDL Cholesterol:		Physical Activity:
	HDL Cholesterol:		Weight Loss:
	Triglycerides:		Medication:

### Repeat Test

Date	Test Results	Action	
	Total Cholesterol:		Diet:
<b>LDL Goal</b>	LDL Cholesterol:		Physical Activity:
	HDL Cholesterol:		Weight Loss:
	Triglycerides:		Medication:

### Repeat Test

Date	Test Results	Action	
	Total Cholesterol:		Diet:
<b>LDL Goal</b>	LDL Cholesterol:		Physical Activity:
	HDL Cholesterol:		Weight Loss:
	Triglycerides:		Medication:

## Therapeutic Lifestyle Changes

Therapeutic Lifestyle Changes (TLC) is a lifestyle approach to reducing the risk of heart disease. Everyone should be encouraged to adopt TLCs, regardless of their LDL-C level. TLCs include the following:

- Reduced intake of ...

- Saturated fats (<7% of total calories)
- Cholesterol (<200mg/day)

Eat less full-fat dairy/cheese, red meat, eggs and organ meat.

- Additional dietary options for LDL-C lowering: add daily plant stanols/sterols (2g/ day) and increased soluble fiber (10-25 g/day)

Eat one Tbsp. of Benecol or Take Control Spread daily.

Eat more whole fruits and grains, oatmeal and dried peas/beans.

- Weight reduction, if appropriate

Lose weight at a rate of ½-1 lb./week because of better food choices and smaller portions; choose more vegetables, fruits and grains as well as less processed food.

- Increased physical activity

With your doctor's approval, try to engage in physical activity five days each week for a total of 30 minutes (or 150 minutes each week).

## Fiber

### What is fiber?

- Dietary fiber is the undigested part of a plant food that has health benefits as food passes through the intestinal tract.
- There are two types of dietary fiber: insoluble and soluble.
- Insoluble fiber (roughage) does not dissolve in water and assists in moving food through the intestines.
- Soluble fiber dissolves in water, forming a gel or gum.

### What are the benefits of fiber for the heart?

- Soluble fiber binds cholesterol and bile acids in the intestine, which can lower LDL cholesterol.
- Soluble fiber slows absorption of carbohydrates and can lower triglyceride and blood sugar levels in people who have diabetes
- High-fiber diets have been strongly associated with decreasing blood pressure and the risk of heart attacks and strokes

### Are there other benefits of a high-fiber diet?

- Fiber promotes a feeling of fullness, which can help with weight management.
- Intestinal problems such as constipation, hemorrhoids and diverticulosis can benefit from more fiber in the diet.

### How much fiber is recommended?

- 25-40 grams of dietary fiber is suggested (10 grams or more of this should be soluble).
- For every 1,000 Kcal eaten, 14 grams of fiber are recommended.

### Any precautions?

- Add fiber gradually as tolerated. Signs of intolerance include gas, bloating or stomach cramps.
- Drink plenty of water as you increase fiber.
- Check with your doctor, dietitian or pharmacist regarding any possible interactions with timing of medications and vitamins.

## Sources of High Fiber

Food	Serving Size	Soluble Fiber (grams)	Total Dietary Fiber (grams)
<b>Cereal/ Grains</b>			
All-Bran Bran Buds	1/3 cup	4.0	13
Cheerios	1 cup	1.0	3
Fiber One	½ cup	1.0	13
Kashi GoLean	¾ cup	N/A	10
Kashi GoLean Crunch	1 cup	N/A	9
Raisin Bran	¾ cup	0.9	5.3
Shredded Wheat	1 cup	1.0	6.0
Oatmeal, old fashioned	1 cup, cooked	2.0	4.0
Oatmeal, quick	1 cup, cooked	2.0	8.0
Oatmeal, instant	1 packet	1.0	3.0
Oat bran, cooked	¾ cup	2.2	4.0
Popcorn	3 cups	0.1	2.0
Light Bread (40 cal)	2 slices	1.0	5.0
Nature's Own 100% Whole Wheat Bread	1 slice	N/A	3.0
Rye bread	1 slice	0.8	1.8
Ryvita Crackers	2 slices	1.3	3.0
WW melba toast	4 slices	0.1	1.6
Whole wheat pasta	½ cup	1.0	6.0
Brown rice	½ cup	0	1.0