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Community Education

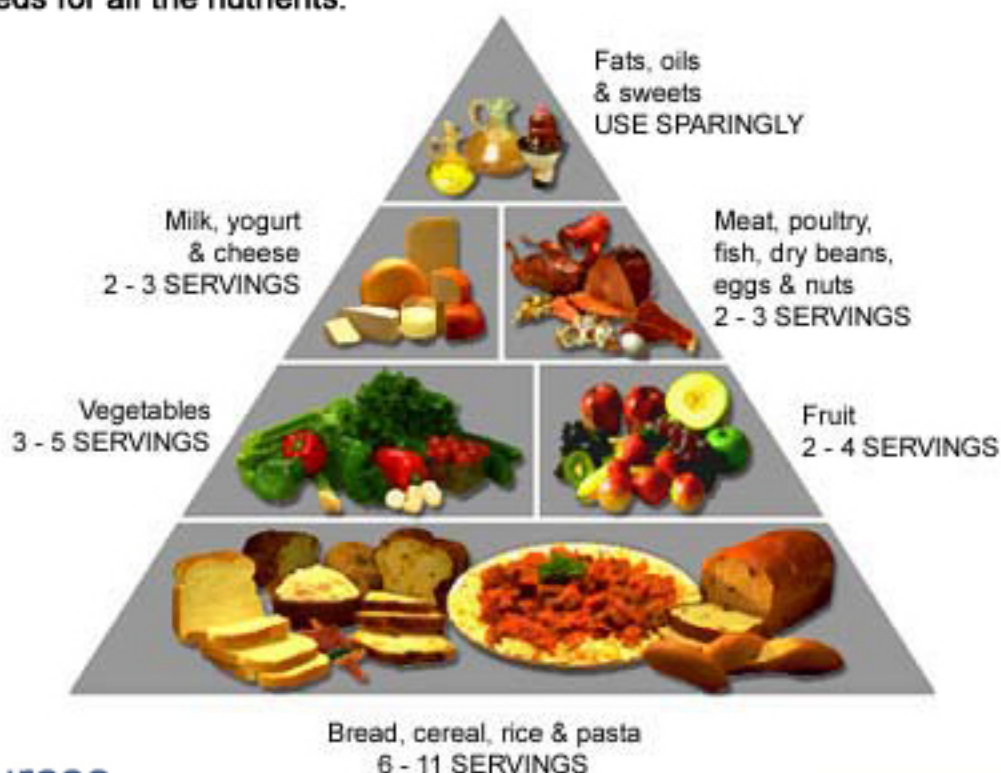
The South Asian Diet



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What Is the Food Guide Pyramid and how does it work?

Fortunately, you don't have to have a Ph.D. in nutrition to eat well on a regular basis. The Food Guide Pyramid is an easy guide to see how many servings of each food group you need to meet your daily needs for all the nutrients.



Food Sources

The cholesterol that concerns us is present in foods of animal origin, for example in eggs, dairy products, meat, poultry, and fish.. Cholesterol is of especial concern to the South Asian community because of high ghee and dairy product consumption.

On the other hand, much of the South Asian diet - foods of plant origin (vegetables, fruits, grains, and beans) contain no cholesterol.

Ingredient	% saturated fat	% poly unsaturated	% mono unsaturated
Butter	66	4	30
Canola Oil	7	35	58
Coconut Oil	92	2	6
Corn Oil	13	62	25
Margarine	20	33	47
Olive Oil	14	12	74
Peanut Oil	18	33	49
Sesame Oil	15	43	42
Sunflower Oil	11	69	20

Cholesterol vs. LDL vs. HDL vs. VLDL:

Cholesterol is the sum total of your LDL (low density lipoprotein), HDL (high density lipoprotein), and VLDL (very low density lipoprotein). Our two biggest concerns are LDL (bad cholesterol) and HDL (good cholesterol) levels. Therefore, patients look to lower their LDL and raise their HDL levels.

On the back of processed and labeled food products, you will see indicators for the various fats.

Saturated fat: This is the biggest cause of a high LDL level. When looking at a food label, pay very close attention to the % of saturated fat and limit any foods that are over 20% saturated fat.

Saturated fats are found in products such as butter and ghee, cheese and paneer, yogurt, sweets, and whole milk, kulfi and ice cream, cream, samosa, bujya and other fried foods and fatty meats.

Unsaturated fats: Unsaturated fats help to lower blood cholesterol. However, unsaturated fats have many calories, so you still need to limit them. There are two types: mono-unsaturated and poly-unsaturated.

Trans fatty acids: These vegetable oil. These fats lower HDL levels. fried foods like bujya, fries, commercial baked donuts and cookies, and are associated with

Hydrogenated fats: These butter, and margarine. butter which is worse contain high levels of

If one intakes excess to atherosclerosis and developing heart disease as the level of blood cholesterol - especially LDL - increases.

Food Item	Amount	Measurement	Calories
Milk and Milk Products			
Toned milk	250 ml	1 glass	148
Buffalo milk	250 ml	1 glass	290
Curd	250 ml	1 cup	154
Paneer	25 gm	1 piece	56
Buttermilk	250 ml	1 glass	39
Cereals and Pulses			
Wheat flour (chapatti)	25 gm	1 medium	80
Rice	25 gm	1 cup cooked	84
Bread	25 gm	1 medium slice	60
Cornflakes	25 gm	½ cup cooked	92
Wheat porridge	25 gm	½ cup cooked	88
Lentils & dals	25 gm	½ cup cooked	80-84
Vegetables			
Leafy, spinach cauliflower,	100 gm	¼ cup cooked	28
lady's finger, peas	100 gm	½ cup cooked	32
potato	100 gm	½ cup cooked	92

fats form ny hardened raise LDL levels and Trans-fatty acids are found in samosa, pakoda, french goods like indian sweets, processed foods. These fats heart disease.

fats are hardened oils like ghee, In general, ghee is worse than than margarine. These fats trans fatty acids.

cholesterol, he or she is subject heart disease. The risk of or atherosclerosis increases

Cholesterol Levels

Over 25% of people in the U.S. have a high blood cholesterol. More than half of the adult population has blood cholesterol levels above the desirable range.

The desirable range for cholesterol levels depends on your heart disease **risk factors**.

Smoking

High blood pressure

Diabetes

Age over 45 (for men) or 55 (for women)

Family history (father had coronary heart disease before age 55 or mother had coronary heart disease before age 65)

Low (under 35 mg/dl) HDL cholesterol.

Ideal cholesterol levels

< 2 risk factors without heart disease:

Ideal Cholesterol < 240 mg/dl

Ideal LDL < 160 mg/dl

> 2 risk factors without heart disease:

Ideal Cholesterol < 200

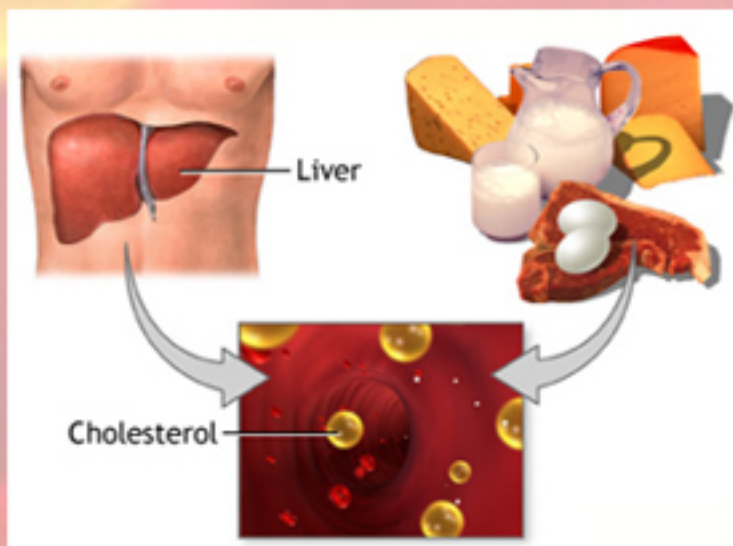
Ideal LDL < 130

With heart disease:

Ideal cholesterol < 160

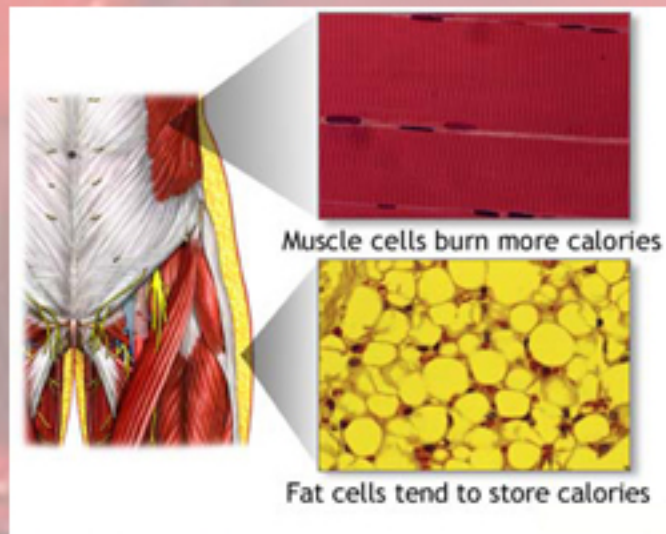
Ideal LDL < 100





Cholesterol is digested from oils, sweets, dairy and animal products, transported to the liver, and transformed into LDL cholesterol. This LDL then enters the blood stream and aids in the production of plaques that can lead to heart disease.

Be careful with the amount of fat you ingest because fat is often stored in your body. The body prefers to store excess calories in the form of fat because it is a more effective storage. Be sure to **COUNT** the number of calories you are taking in versus the number that you burn in exercise each day. Your net caloric intake should be about 2,000.



What can I do?

Ask your doctor questions. Find out what your goal blood pressure should be.

Start with healthy eating! Reduce the amount of fat, saturated fat, and cholesterol in your diet. Be careful during the holidays. Also, reduce the amount of fried foods and sweets that you eat.

Exercise! Moderate physical activity can be done indoors and outdoors. Common house chores like washing the car or raking leaves are a good way to get physical activity. Walking or climbing the steps for 10-15 minutes is another alternative. Ideally, exercise 3 times per week for at least 30 minutes each session.

Quick Tips to Lower Cholesterol

Soluble fiber

We've all heard the phrase, "An apple a day keeps the doctor away." But did you know that adage also holds true for lentils? Apples and lentils are both rich in soluble fiber, which regulates your body's production and elimination of cholesterol. Other good sources of soluble fiber include dried beans, peas, barley, citrus fruits, and carrots.

Soy

Soy can reduce total cholesterol levels by almost 10 percent. Good sources of soy protein include soy milk, tofu, and soy protein.

Fish – non-vegetarians only

More Information

If you would like to order this brochure, please visit www.medicindia.org. For more information, please email us at www.medicindia.org and visit your local doctor.

Resources

Special thanks to NIH and ADAM for pictures and information.