



Dietary Principles of Hyperlipidemia 高脂血症飲食(英文)

What is hyperlipidemias?

Hyperlipidemia results from increased level of cholesterol and/or triglyceride in the blood. Hypercholesterolemia and hypertriglyceridemia are the most common causes for atherosclerosis which will enhance the risk of coronary heart disease and strokes.

Hypercholesterolemia

Hypercholesterolemia exists when there is high cholesterol or LDL-C (low-density lipoprotein cholesterol) in the blood.

- Cholesterol levels for adults

Items	Total cholesterol	LDL-Cholesterol
acceptable	< 200mg/dl	< 130 mg/dl
borderline	200~239mg/dl	130~159 mg/dl
high	≥239mg/dl	≥160mg/dl

Dietary Principles for Hypercholesterolemia

1. Maintain ideal body weight:

The formula is $[\text{body height}^2(\text{m}) \times 22]$ (Maintain in $\pm 10\%$)

2. Intake six different types of food (Balanced intake of all types of food) including milk, cereals, vegetables, fruits, and oil.
3. Avoid high cholesterol food.
4. Use liquid vegetable oils in place of solid fats.
5. Intake fiber-rich food like different kinds of vegetables, brown rice, whole wheat bread, and unprocessed beans.
6. Limit alcohol intake.
7. Have a moderate lifestyle (moderate exercise).

Dietary principles for Hypertriglyceridemia

Triglycerides blood density often changes with the types and amount of fat people consume. When people fasting more than 12 hours, triglycerides occurs when its blood density is higher than normal. This disease often co-exist with attributions like obesity and overdrinking that could also cause coronary heart disease, and fatty liver and pancreatitis.

Triglycerides for adults

Items	TG levels in blood
acceptable	< 150mg/dl
borderline	150~200 mg/dl
high	> 200 mg/dl

Diet principal for Triglycerides

1. Maintain ideal body weight. Good weight control will evidently reduce TG (Triglyceride) level in the blood.
2. Eat CHO (Carbohydrate) Whole grains contain soluble fiber food like cereals, and avoid food and drink with sugar. (e.g. dessert, honey, coke, ice cream, chocolate)
3. Consume fish rich in ω -3 fatty acid.
4. It's not appropriate to drink alcoholic beverage
5. For other dietary restrictions, refer to dietary principles for Hypercholesterolemia.

- **Food choice**

Type of food	Food you can eat	Food not to eat

milk	Nonfat dairy products And other products	Ice cream, butter
cereals	Rice, noodle, brown rice, and sweet potato	Different kinds of dessert, Fried bread stick
vegetables	Dark vegetable	Don' t use animal oil when cooking
fruits	All kinds of fresh fruits	preserved fruit
meat	Fish, chicken, duck, pork, beef, and lean meats	Fat meat, ham, sausage Brain, heart, liver, and kidney
fat	Plant oil, peanuts oil, and soy bean oil	Lard, butter,
others	Tea, juice sugar free jelly	Chocolate, snacks

若有任何疑問，請不吝與我們聯絡
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