

Food Connection: Hyperlipidemia

At H-E-B Wellness we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Therefore, we would encourage you to work with your H-E-B Dietitian to help create a food and nutrition plan that is tailored to your unique needs, goals, and values. This handout is meant to act as a simplified starting resource as you look to manage your health through food.

Mixed Hyperlipidemia

Mixed hyperlipidemia means that there is excess fat in the blood. This can result from both genetic and environmental factors. Substantial research shows that changes to dietary and lifestyle habits in the management of mixed hyperlipidemia can result in positive outcomes. Lowering lipid in your blood to an optimal range may decrease your risk for adverse events, such as a stroke or heart disease. Dietary and lifestyle changes may also cost less and have similar impacts as taking prescription medications, for some individuals. If your doctor has recommended looking into diet modifications to manage your cholesterol, below is a summary of relevant nutrition information to help support your goals. Visit with your H-E-B Dietitian or H-E-B Wellness Primary Care provider to determine appropriate intake levels for the foods listed.

Foods to Encourage

Nutrient	Impact	Food Sources*	Amount**
Protein	Consuming saturated fats may lead to elevated levels of “bad” cholesterol. Focus on lean meats.	Lean cuts of meats: 3 oz chicken, 3 oz turkey, 3 oz pork, 3 oz beef cuts, 3 oz fish, 3.5 oz tofu, 2 oz dry Banza passta	0.8-1.2 g/kg (general population)
Fiber	Consuming fiber can help support healthy cholesterol and blood sugar levels.	½ cup cooked broccoli, ½ cup black beans, 1 packet H-E-B Lower Sugar Instant Oatmeal, and 1 oz almonds, 1 medium avocado	M, 50 or younger: 38 grams M, over 50: 30 grams W, 50 or younger: 25 grams W, over 50: 21 grams
Omega 3 EPA and DHA	Consuming omega-3 fatty acids can help support normal cholesterol levels and heart health.	3 oz fatty fish (salmon, mackerel, and trout), 2 omega-3 enriched eggs, 1 tbsp Smart Balance omega-3 spread, and 1 cup of omega-3 fortified milk	250-500 mg/day

*Each food listed under *Food Source* provides a good source, or at least 10% of the Daily Value, of the nutrient per serving. Always refer to the nutrition facts label of a food for specific quantities of nutrients as these may vary greatly.

**Quantities listed under *Amounts* based on Adequate Intakes (AI) or Recommended Daily Allowances (RDA) for the nutrient.

Foods to Limit

Nutrient	Impact	Food Sources
Processed meats	May impact cholesterol levels an maintenance	Hot dogs, beef jerky, sausage, salami, bacon
Fats	Certain fats may increase risk of heart disease as well as heart attack and stroke	Hydrogenated vegetable oil, lard, shortening, palm oil, fried foods
Simple Carbohydrates	Excess simple carbohydrate intake can lead to elevated cholesterol	Soft drinks, sports drinks, fruit drinks, sweetened teas, sweetened waters, energy drinks, refined grains

Schedule a visit with your H-E-B Dietitian for additional product recommendations and to create a personalized nutrition plan. Visit www.heb.com/nutrition to schedule or speak to your Wellness Care Team to learn more.

H-E-B Shopping List

