

# DMS QUARTERLY

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Helping Improve Your Diabetes Self-Management

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## Cholesterol

By Dottie Toups, RN,  
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Cholesterol is a waxy-fat-like substance produced by the liver and present in every cell of our bodies. It is required for proper health. Cholesterol is also present in foods of animal origin such as meat and dairy products.

There are several types of cholesterol and fats that affect us. Some of them are:

- HDL-C or the “good” cholesterol helps get rid of the bad cholesterol. Low levels of HDL-C can lead to cardiovascular disease.

- LDL-C or the “bad” cholesterol clogs arteries

and can lead to coronary artery disease when the blood levels are high.

- Triglycerides, another type of fat in the bloodstream, also clog the arteries when blood levels are high.

Cardiovascular disease accounts for over half of the deaths in older people with diabetes. It is important to raise low HDL-C and lower high LDL-C and triglyceride levels.

One of the best ways to raise HDL-C and lower LDL-C and triglycerides is to improve your blood sugar control. Other steps that can be taken include losing weight, exercising regularly, eating low-fat, high fiber food, quitting smoking

and moderating alcohol consumption. Sometimes the above steps may not be enough and medication may be required to treat high cholesterol and/or triglyceride levels.

Cholesterol and triglyceride levels should be checked at least yearly. Goals are:  
HDL-C >45 mg/dl  
LDL-C <100 mg/dl  
Triglycerides <200 mg/dl



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## Is there such a thing as Good Fat?

By Beth Sloan, RD, CDE

We've all heard that in order to lower our blood cholesterol we must reduce our intake of dietary fat and cholesterol. But do you know the differences between fat and cholesterol? Let's sort it all out.

**Cholesterol** is a wax-like substance, found only in animal foods or foods made with animal products. The food sources highest in dietary cholesterol are egg yolks, organ meats (liver, kidney, sweetbreads), whole milk, cheese, butter and ice cream. All animal protein such as beef,

pork, poultry, fish, shellfish, lamb and veal all contain moderate amounts of cholesterol.

**Polyunsaturated Fat** is one type of dietary fat, found primarily in vegetable oils.

Significant sources are corn oil, soybean oil, sunflower seed oil, cottonseed oil, safflower oil and margarine made from these oils.

Polyunsaturated fat may help to reduce your LDL or bad cholesterol. When consumed in excess, however, these may also reduce your HDL or good cholesterol.

**Monounsaturated Fats**, the third type of dietary fat, are possibly the best for you. Monounsaturated fats are found in peanuts,

pecans, peanut butter, peanut oil, olives, olive oil, canola oil and avocado.

Monounsaturated fats have been shown to reduce total cholesterol, LDL cholesterol and triglyceride levels when consumed in higher amounts than saturated and polyunsaturated fats in daily food intake.

So how do you put it all together? Use a soft tub margarine for vegetables and spreading on bread. Use canola or olive oil for making salad dressings and cooking. Avoid regular cheese, milk, ice cream and processed/canned meats. And finally, remove any visible fat from your meats before cooking.

### Healthy Mac and Cheese

2 cups cooked elbow macaroni  
¾ cup 1% lowfat milk  
1 egg

4 ounces Velveeta Light Cheese  
½ cup Reduced fat cheddar cheese, shredded  
1/8 teaspoon ground white pepper

In a small bowl, beat egg and mix in milk and white pepper. Cut Velveeta Cheese into small cubes. After cooking macaroni, drain well and return to pot to keep warm; stir in Velveeta and allow to melt. Gradually stir in milk mixture and shredded cheese. Pour into a 2-quart casserole dish coated with non-stick cooking spray and bake at 350 degrees for 30 minutes or until bubbly.

### Nutritional Information

**Yield: 4 servings**

Total calories 230  
Total fat 8 grams  
Saturated fat 4.5 grams  
Cholesterol 75 milligrams

**Serving size: ½ cup**

Sodium 589 milligrams  
Protein 16 grams  
Carbohydrate 24 grams

Diabetic exchanges: 1 starch, ½ milk and 1 medium fat meat

This recipe saves you close to 200 calories per serving from regular Mac and Cheese