

# Second-Generation Antipsychotics (SGAs), Triglycerides, Diet & Activity

## Triglycerides and SGAs

Triglycerides are a type of fat in your blood.

Your risk for heart disease or stroke increases if you have high levels of triglycerides.

Your triglyceride levels may go up if you take SGAs such as risperidone, olanzapine or quetiapine.

## Diet and High Triglycerides

Too much sugar or refined carbohydrates can raise triglyceride levels. Drinking alcohol can also make triglyceride levels higher.

### TIPS:

- > Drink water or plain milk! Stay away from drinks with added sugar (pop, juice, iced tea, energy drinks, sugary water drinks such as vitamin water, fruit drinks, etc.)
- > Keep desserts high in sugar like ice cream and candy as a treat once in a while
- > Choose whole fruits instead of juice
- > Choose foods with less sugar. For example, look for breakfast cereals with less than 6-8 grams of sugar per 30 gram serving
- > Use more whole grain food like:
  - “Stone-ground” whole wheat bread and sprouted grain breads
  - Brown rice (or mix into white rice)
  - Whole wheat pasta – mix half with white pasta to get used to it

## What Are Your Numbers?

Date	Your Numbers	Target Numbers
		<1.5 mmol/L (less than 1.5)
		<1.5 mmol/L
		<1.5 mmol/L

## How Much Added Sugar Is Okay?

Age (years)	Maximum added sugar per day (g)	
	Boys	Girls
4-8	~44	~40
9-13	~56	~52
14-18	~80	~60

Note: 1 tsp of sugar is equal to 4 grams

## Nutrition Facts Label

Look on the nutrition facts label and find “Sugars.” This is how many grams of sugar are in the food (this includes both naturally occurring sugars and added sugars).

Nutrition Facts	
Per 3/4 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 80	
<b>Fat</b> 1 g	1 %
Saturated Fat 0 g + Trans Fat 0 g	0 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 2 mg	0 %
<b>Carbohydrate</b> 15 g	5 %
Fibre 3 g	12 %
Sugars 7 g	
<b>Protein</b> 3 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 1 %	Iron 3 %



## What I Am Doing Already

Example: I only drink pop sometimes.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What About Omega-3 Fatty Acids?

- > You may be able to lower triglyceride levels with omega-3 fatty acids
- > These fatty acids are an important part of a healthy diet. They are in some vegetable oils, fish and nuts
- > Have fatty fish twice per week. Good choices are salmon, mackerel, herring, sardines, tuna and trout (See HealthLinkBC handout #68m – Healthy Eating: Choose Fish Low in Mercury at [www.healthlinkbc.ca/healthfiles/pdf/hfile68m.pdf](http://www.healthlinkbc.ca/healthfiles/pdf/hfile68m.pdf))
- > If your child does not eat fish at least once per week, a fish oil supplement may help
- > Check with your dietitian or doctor before starting fish oil supplements

## Count Your Sugar for a Day

Food or Drink	Sugar (g)
Total Sugar:	

## Activity and High Triglycerides

When children and youth are active, triglyceride levels can improve. Just 30 minutes of moderate activity like dancing, walking, or biking 5 times per week will help. Aim for 60 minutes of physical activity every day. Start small and work your way up!

- > **Schedule in daily activity for the whole family:** Make activity a part of your every day routines for a positive health benefit for all. Don't forget to make it FUN!
- > **Stand more, sit less:** When you sit your body is at rest. By just standing and walking more during the day you can improve your overall health.
- > **Limit screen time:** Have house rules about the amount of time family members can spend on screens. It is recommended that kids spend no more than 2 hours on screens per day. Take activity breaks (e.g. walking, jumping jacks) during longer periods of screen time.

“Children and youth find it easier to make changes when the whole family does it too!”

## Ready? Set a Goal!

Now you have some ideas for things that may help lower your triglycerides while taking an SGA medication. It's time to make some goals!

Goals that work are usually:

- > Small
- > Achievable
- > Planned out

### EXAMPLE:

**Small:** *I need to eat less sugar.*

**Achievable:** *I eat cereal every morning. I checked and it has quite a bit of sugar in it. I'm going to find a cereal with less sugar in it.*

**Plan:** *Go to the store with my dad and find a cereal I'll like that has less than 6 grams of sugar per serving.*

### MY GOAL:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Want to Learn More?

**Mental Health Metabolic Program:**  
[www.bccchildrens.ca/our-services/mental-health-services](http://www.bccchildrens.ca/our-services/mental-health-services) or call (604) 875-2010

**Mental Health Information:**  
[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**Medication Information:**  
[www.keltymentalhealth.ca/antipsychotic-medications](http://www.keltymentalhealth.ca/antipsychotic-medications)

**General Information About Healthy Eating:**  
[www.healthlinkbc.ca/dietitian-services](http://www.healthlinkbc.ca/dietitian-services) or call 8-1-1