

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

## Cholesterol and SGAs

HDL is sometimes called “good” cholesterol. It can *lower* the risk of health problems including heart attack and stroke.

LDL is sometimes called “bad” cholesterol. It can *increase* the risk of health problems including heart attack and stroke.

Your HDL may go down and LDL may go up when you take second-generation antipsychotics (SGAs), such as risperidone, olanzapine or quetiapine.

### What Are Your Numbers?

	Your Numbers	Target Numbers
Total Cholesterol		<5.2 mmol/L (less than 5.2)
LDL Cholesterol		<3.35 mmol/L (less than 3.35)
HDL Cholesterol		≥ 1.05 mmol/L (1.05 or more)

## Diet and LDL Cholesterol

Some foods can lower LDL cholesterol levels. Include these foods more often in your diet. They include:

- > **Nuts:** 1/3 cup (80 mL) of nuts at least 5 days per week can lower LDL cholesterol. Most nuts lower cholesterol equally. Dry roasted peanuts, raw or dry roasted almonds, walnuts or pistachios are great choices.
- > **Soluble fibre:** There are two types of fibre: soluble and insoluble. Soluble fibre expands in water. 10 grams or more of soluble fibre per day may lower LDL cholesterol. This type of fibre is in:
  - Legumes like kidney beans, soybeans, and chickpeas
  - Vegetables like artichokes, peas, broccoli and sweet potatoes
  - Fruit like oranges, apples, pears and mango
  - Grains like oatmeal, oat bran and barley
  - Psyllium fibre which is added into some foods like All Bran Buds®
- > **Plant sterols:** Plant sterols or phyto sterols can lower LDL cholesterol. They are found naturally in vegetables, fruit, whole grains, nuts and vegetable oil. They are also enriched in margarine (Becel Pro.Active®) and fruit juice (Minute Maid Heartwise®).

## What I Am Doing Already

*Example: I eat fruit like apples and oranges every day.*

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

Some foods can raise LDL cholesterol levels. Eat these foods less often. They include:

- > **Red meat** (especially processed red meat): Red meat includes beef, pork and lamb. Processed red meat includes sausages, hot dogs, bacon, and deli meats like ham and salami.

Have vegetarian meals, fish, chicken or turkey most often. Replace meat with soy proteins like tofu. Choose a diet that is low in processed meats and high in:

- > Fruits and vegetables
- > Whole grains and nuts
- > Fish and dairy

## HDL Cholesterol

- > Some fats like monounsaturated fatty acids increase HDL levels. These fats include olive oil, canola oil, and are found in foods like nuts, seeds and avocados.
- > Activity is the best way to improve HDL levels.

## Activity and Cholesterol

When children and youth are active, cholesterol levels can improve. Kids need at least 60 minutes of moderate to vigorous physical activity every day (running, jumping, dancing – moving so you sweat).

- > Schedule in some daily activity for the whole family. Everyone's health will benefit.
- > Don't forget to make it FUN!

“ Start small – try short bursts of activity instead of an all-or-nothing approach. ”

## What about Screen Time?

Youth spend a lot of time in front of screens (TV, computer, video games, and tablets). When you sit your body is at rest. Too much screen time (too much sitting) can have a negative impact on cholesterol levels.

Have house rules that limit the amount of time family members can spend on screens. It is recommended that kids spend no more than 1 hour on screens per day. You may need to slowly cut down screen time.

Take standing or walking breaks during screen time. Why not stand and stretch during the commercial break of your favorite show? Or set a timer for 1 hour of video games then go for a family walk around the block?

## What I Am Doing Already

*Example: I take breaks when I'm playing video games to walk my dog.*

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

“ Gradually decrease screen time by small amounts, and set time limits. ”

## Ready? Set a Goal!

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

Goals that work are usually:

- > Small
- > Achievable
- > Planned out

### EXAMPLE:

**Small:** *I need to cut down on my screen time.*

**Achievable:** *I spend a lot of time playing video games. I could use some of that time to take my dog for a walk.*

**Plan:** *My mom and I will pick Tuesday and Thursday to be the days that I walk the dog. My mom will remind me after 1 hour of video games. If I don't feel like going she will come along to help motivate me.*

### MY GOAL:

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

## Want to Learn More?

**Mental Health Metabolic Program:**  
[www.bcchildrens.ca/our-services/mental-health-services](http://www.bcchildrens.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