

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 HDL Cholesterol

- > Try to increase your HDL by choosing the right foods
- > Some fats increase HDL levels. These fats include olive oil and canola oil. They are high in monounsaturated fatty acids. Try using them instead of vegetable oils
- > Watch out for “trans fat” on food labels. Trans fatty acids can decrease HDL levels. Avoid eating foods with *hydrogenated* or *partially-hydrogenated oil* or *shortening* in the ingredient list

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®

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:

- > **Trans fat** (see information on HDL cholesterol)
- > **Red meat** (especially processed red meat): Red meat includes beef, pork and lamb. Processed red meat includes sausages, hot dogs, bacon, salami, and deli meats

Have vegetarian meals, fish, chicken or turkey most often. Choose a diet that is low in processed meats and high in:

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

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. We recommend that kids spend no more than 2 hours 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 2 hours 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.

- _____
- _____
- _____
- _____
- _____

“ 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 2 hours 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.keltymentalhealth.ca/metabolic
or call (604) 875-2010

Mental Health Information:
www.keltymentalhealth.ca

Medication Information:
www.keltymentalhealth.ca/finding-help/medications/antipsychotics

General Information About Healthy Eating:
www.healthlinkbc.ca/dietitian or call 8-1-1

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