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Nutrition news

NUTRITION EDUCATION IN EASY TO DIGEST BYTES!



Lipodystrophy:

Changes in Body Fat

Lipodystrophy is a condition characterized by changes in the metabolism and distribution of fat in the body. In people with HIV these changes may be the result of medications and/or the body's response to the infection itself. The exact cause is unknown.

With lipodystrophy there are **noticeable changes** to the body as well as **unseen changes** within the body.

The noticeable changes include where and how the body stores fat. Fat loss may occur in the face, arms, legs and buttocks. Fat may build up in the breast/chest area, deep within the belly and behind the neck. Though these visible changes may cause stress, they are not known to be life threatening.

Unseen changes are not as easy to observe but are more dangerous. They include high levels of fat products in the blood (**hyperlipidemia**), which include cholesterol and triglycerides, and insulin resistance. Hyperlipidemia can lead to complications such as heart attacks and strokes. **Insulin resistance** over time may lead to diabetes.

Although anyone with HIV can be at risk for lipodystrophy those with the **highest risk** are men; individuals over 40; Caucasians; underweight individuals; those with low CD4 cell counts; and those individuals who have been infected with HIV for a long period of time.

HIV medications may play a role but has not been determined as the cause.

Nucleoside reverse transcriptase inhibitors (NRTIs) have been linked to fat loss and may contribute to loss of fat in the areas previously mentioned. It is important to note that **no single class of HIV drugs has been linked to causing lipodystrophy.**

Some medications may help control some of the unseen changes. Statin drugs can help with controlling high cholesterol; fibrate class drugs can help with high triglyceride levels; and drugs that enhance insulin action can help counter insulin resistance. Human growth hormone (HGH) may help people with fat loss in unwanted areas and help build muscle. Addition of any new medications to your HIV drug regimen needs to be discussed with your primary doctor to weigh all the pros and cons.

Cosmetic surgery can help in the removal of unwanted fat with liposuction (though fat deep within the belly cannot be removed with this method) and fat implants can help to fill out sunken facial areas that are a result of fat loss.

Lifestyle choices can also help. A **low fat diet** and **exercise** are also important factors at controlling lipodystrophy. Not only can they help control unseen metabolic changes but can also help reduce fat build up.

Here are some **hints for a healthy lifestyle and fighting lipodystrophy:**

* **Total Fat Intake:** Limit calorie intake from fat to no more than 30% of total calories. Total fat includes saturated fat, unsaturated fat (mono- and poly-) and trans fat. **All fat is 9 calories per gram.** So $.30 \times 2000$ (calorie recommendation listed on food labels) = 600 or less calories from fat. 600 calories divided by 9 (remember fat has 9 calories per gram) = 66 grams

* **Saturated Fat Intake:** Saturated fat is a type of fat known to increase our risk for cardiovascular disease and should be limited to no more than 10% of our calorie intake or 22 grams (200 calories).

* **Trans Fat Intake:** Studies have shown that trans fat can increase our risk for cardiovascular disease significantly. Read food ingredients and make sure to limit foods with '**partially hydrogenated oils**' and don't rely solely on labels that say 'trans fat free'. Products with less than .5 grams of trans fat can list themselves as being trans fat free when they actually do contain partially hydrogenated oils.

* **Carbohydrate Intake:** Carbohydrates should make up 50-60% of your calorie intake (Carbohydrates are 4 calories per gram). Carbohydrates should come from foods like **whole grains** (whole wheat, brown rice, etc...), **whole fruits** and **whole vegetables**. For better health limit your intake of processed sweets (sodas, candy, etc...) and foods like white flour, white pastas and white rice.

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Farmers' Markets are where farmers can sell their produce to the general public. Shoppers are more likely to find healthful, affordable, nutritious foods at farmers markets. The fruits and vegetables are grown locally and picked when perfectly ripened. This allows farmers to pick produce at the peak of flavor and preserve the nutritional content of the produce.

Because the fruits and vegetables don't have to travel far there is a savings in gas reduces cost and saves the environment. Aside from those benefits, shopping at a Farmers Market benefits the local farmer and strengthens the local community.

Many local markets accept food vouchers or EBT cards through the Farmers Market Nutrition Program or the Senior Farmers Market Nutrition Program.

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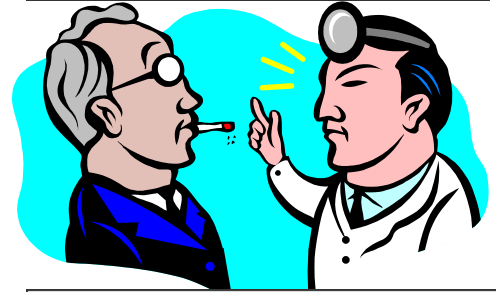
* **Fiber Intake:** Fiber is a type of carbohydrate that our bodies can't break down and digest. Fiber helps to lower cholesterol and keeps our insides clean. Fiber can be found in plant foods like whole grains, whole fruits and whole vegetables. Adults need about 20-30 grams per day and it is best to get fiber from the foods we eat.

* **Protein Intake:** Protein should make up about 15% of your total calories (protein is 4 calories per gram). Try to get your protein mostly from plant sources as animal sources tend to be high in saturated fat. With animal protein be sure to take the skin of chicken and turkey and remove any visible fat from all meats.

* **Exercise:** Be more active! Start out slowly and always speak to your doctor before starting an exercise program. **Aerobic exercise** like walking, jogging or swimming is great for controlling the unseen problems of lipodystrophy and **weight bearing exercises** that build muscle like weight lifting can combat the more visible changes in fat distribution.

Information in this article comes from the booklet "Lipodystrophy and Body Shape Changes: Have Your Questions Been Answered?" from Bristol-Myers Squibb Virology and is for general education purposes only and is not to be construed as a substitute for professional medical advice.

Smoking: Reasons to quit!



Smokers have an increased risk for:

- Cancer of the lung, cervix, larynx, mouth, esophagus, bladder, pancreas, and kidney
- Chronic Obstructive Pulmonary Disease (COPD), emphysema and other breathing disorders
- High Blood Pressure and Heart Attacks
- In addition smokers tend to have bad breath and stained teeth and hands
- If you smoke now is the time to quit!

PLANT PROTEINS: GO LEAN!

Protein is very important to our health and is essential in helping our bodies run efficiently. Protein from animal sources like beef, chicken, or pork can be high in saturated fat and can contribute to health problems. It is better for our health if most of the protein we eat comes from non-animal sources. Here are some examples of the amount of protein found in various plant foods.

(Protein recommendations differ for men and women and health conditions; speak to your Registered Dietitian for more information.)

Beans/Legumes (1cup)	Protein grams(g) (approximations)
Black beans	15
Black eyed peas	13
Chick peas	12
Great Northern beans	14
Kidney beans	15
Lentils	12-18
Navy beans	16
Pinto beans	14
Split peas	16

Nut Butters (2 Tbsp)	PRO (g)
Peanut butter	9
Soy butter	8
Almond	5-8

Nuts and Seeds (1/4 cup raw)	PRO (g)
Almonds	7
Cashews	4
Peanuts	8
Pumpkin seeds	7
Sesame seeds	7
Soy nuts	10
Sunflower seeds	8

Soy	PRO (g)
Milk (1cup)	6-11
Nuts (1/4 cup)	10
Soy Beans (1/2 cup cooked)	13
Tempeh (4oz)	12-20
Tofu (3oz soft)	4-6
Tofu (3oz firm)	7-12