



LIPID CLINIC NEWS

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The Lipid Clinic is located in Suite 330, 3rd floor of the Physicians' Pavilion at OHSU. To make Lipid Clinic appointments, call: (503) 494 - 1794 (new patient) or (503) 494 - 1775 (follow-up).

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I'm So Confused About Margarine!

The question used to be simply "Which is better, butter or margarine?" We would respond with something like, "we recommend soft-tub margarine with a liquid vegetable oil as the first fat ingredient." But the margarine market has expanded and now includes confusing labels like "zero trans fats", "37% light spread", "squeeze spread with olive oil", and "spreadable butter with canola oil", to name a few. We've got margarines made with plant sterols, margarine spreads made with yogurt, lactose-free margarines, squeezable margarines, spreadable margarines and everything in between. No wonder you're confused!

What are Trans Fats?

Trans fats are formed when food manufacturers turn liquid oil (e.g. canola oil) into a solid fat, such as shortening or margarine. The term "partially hydrogenated" on nutrition labels refers to this process. Like saturated fats, trans fats raise LDL cholesterol levels and contribute to clogging of the arteries, which increases risk of heart attack and stroke. They also decrease HDL cholesterol levels.

Where are Trans Fats Found?

Small amounts of naturally occurring trans fat can be found in some animal products such as butter, milk, ice cream, cheese, beef and lamb. However, most of the trans fats in our diets come from commercial high-fat processed foods like margarine, cookies, crackers, French fries, chips, fast food, etc.

How Do I Know If a Product Contains Trans Fat?

Look at the ingredient list on the food label. If you see the words "partially hydrogenated" or "contains shortening", the food contains trans fats. If you choose foods that are low in fat or fat-free, there will be fewer trans fats. Some labels already list trans fats on the Nutrition Facts panel. However, food manufacturers are not required to list the amount of trans fats on labels until January 1, 2006.

Margarines Low in Trans and Saturated Fats

It's important to limit both saturated fats and trans fats in the diet. However, some margarine products that claim to contain "zero trans fats" are actually high in saturated fats, such as *Smart Balance* margarines. We typically recommend margarines made with canola oil due to their low saturated fat content, but our analysis indicates a relatively high trans fat content in the *Canola Harvest Margarine* (much to our surprise!) See below for a list of some of the better margarines available. Keep in mind that this list is by no means comprehensive; the marketplace is constantly changing and varies from region to region.

What About Cholesterol Lowering Margarine?

Products like *Benecol* and *Take Control* margarine are special margarines that contain either sitostanol or sitosterol esters, plant derivatives that have been shown to lower LDL cholesterol levels by 10-14%. They are a good choice for many patients with hypercholesterolemia.

Margarines/Spreads/Butter and Their Trans and Saturated Fats Content



	Per ¼ cup:	
	Sat. Fat (g)	Trans Fat (g)
Lower in Trans & Saturated Fats:		
Take Control Light Spread	1.9	0.9
Benecol Light Spread	2.2	0.8
Brummel & Brown Original Spread		
Made With Yogurt	3.0	1.1
I Can't Believe It's Not Butter		
Light 37% Spread	3.3	2.4
Gold 'N Sweet Canola Margarine	2.2	5.3
Higher in Trans & Saturated Fats:		
Butter	23.2	2.7
Canola Harvest Margarine	6.3	13.2

Dream Dinners®

We're always looking for ways to get people out of the car, away from the drive-thru window and back in the kitchen. We just found another way. Dream Dinners is a do-it-yourself kitchen where you assemble 6 or 12 nutritious meals (you rotate around the kitchen to recipe stations), package/label them, then take them home to freeze, cook and eat. The menu changes monthly, and contains enough variety that there is something for almost everyone.

How Long Does It Take?

It takes about 1 hour to assemble 6 meals, or 2 hours to assemble 12 meals. It goes quickly because they've done everything for you . . . the vegetables are chopped, the cheese is grated, the labels are printed, and someone even cleans up after you. (Some people say this is the best part).

What If I Don't Like to Cook?

The recipes are easy enough for even the non-cook! Like we said, the ingredients are pre-prepped, so there is no dicing, slicing or chopping. The measuring spoons and cups are even laid out for you. A helpful staff person is always close by to answer any questions.

How Often Do I Go?

As often or as little as you'd like. Some people go once a month, but others go only for special circumstances (e.g. new baby on the way). You can even take turns going with a friend and sharing the 12 meals if you don't have room in your freezer for all that food.

How Much Does It Cost?

They average \$185 for 12 entrees (which feed 4-6), but most of the entrées can be divided into two meals because there's so much food! When you compare this to the cost of eating out, it's quite reasonable.

Are the Recipes Low in Fat?

Yes and no. Not all of the recipes are low in fat *as written*. However, you can modify them by using less meats and cheeses, more vegetables, using egg substitute, etc. The nutritional information is provided for each recipe, so you can decide which ones are appropriate for you. They do use lots of lower fat ingredients, such as nonfat sour cream, low-fat cheese, and lean meats.

What Are the Recipes Like?

Here are a few examples from the August and September 2004 menus that meet our recommendations of no more than 10 g fat/serving: Arroz Con Pollo (5 g fat), Flank Steak with Lemon Pepper Rosemary Crust (9 g fat), Mu Shu Chicken Wraps (5 g fat), Cod Mediterranean (9 g fat), and Tortellini Sauté (3 g fat). Mmmm . . . we're getting hungry already!

Another Advantage!

Since your entrée is already prepared, you can spend more time making your salad and/or vegetable dishes for a super-healthy meal. And did we mention they're delicious?

Is There a Dream Dinners in My Area?

Check out the website DreamDinners.com and enter your zip code to find the nearest location. There are quite a few stores throughout the U.S. The Portland, Oregon metro area has three locations alone. Bon Appétit!

New Cholesterol Lowering Drug Prevents Cholesterol Absorption

It's been awhile since a major breakthrough in cholesterol-lowering drugs has occurred. Well, about two years ago the new medication "ezetimibe" became available. It acts differently than other cholesterol-lowering drugs in that it inhibits the intestinal absorption of both dietary and biliary cholesterol by blocking the passage of cholesterol across the intestinal wall. It has a half-life of about 22 hours, so it can easily be taken once daily. No significant drug interactions have been associated with ezetimibe, including statins. Gemfibrozil (Lopid), fenofibrate (Tricor) and cyclosporine can increase the blood level of ezetimibe. Unlike bile acid resins, ezetimibe does not affect the absorption of bile acids, fatty acids, fat-soluble vitamins or triglycerides.

In a study in the *American Journal of Cardiology* in 2002, ezetimibe was administered to 1,719 hypercholesterolemic patients. It reduced low-density lipoprotein (LDL) cholesterol by 19% relative to placebo. Also, there were reductions in plasma total cholesterol and triglyceride and increases in HDL ("good") cholesterol. Ezetimibe was well tolerated with a clinical trial safety profile very similar to the placebo. Side effects were minimal GI symptoms that we have observed in prescribing this medication over the past year. It is useful in individuals who cannot take statins. However, it acts synergistically with the statins. Additional reductions of 15-25 percent or greater for plasma LDL cholesterol have been found when given to patients already taking statins. Combined therapy with a statin is ideal; the statin inhibits cholesterol synthesis in the liver and increases LDL receptor activity while ezetimibe prevents endogenous and exogenous cholesterol absorption.

The dose of ezetimibe is 10 mg per day taken any time of the day, but if a statin drug is used, it is best to use both at bedtime. Ezetimibe is marketed as Zetia® in a 10 mg tablet. Ezetimibe may also be used with bile acid binding resins, such as WelChol®, but should not be given at the same time as WelChol® (usually administered at meal times) because it interferes with the action of ezetimibe. A combination of ezetimibe and statin therapy, Vytorin®, is now available in a single tablet (see below). *American Journal of Cardiology* 90:1084-1091. 2002.

Cost-Saving Prescription Drug

For those patients taking a combination of 10 mg Zetia® (ezetimibe) and 10 to 80 mg Zocor® (simvastatin), there is a significant price difference when these two drugs are combined in a single tablet called Vytorin®. The cost of Vytorin® is \$2.34 a tablet *at all doses*, which is about half the cost of the two tablets taken separately. If you are taking this combination of drugs, ask your physician if it is worthwhile switching to Vytorin®. Such combined therapy is often necessary for severe hypercholesterolemia that is not responsive to a single agent alone.



LDL Apheresis: Another Cholesterol Lowering Therapy

Many patients and their health care providers are unaware that "LDL apheresis" has been provided for many years through the OHSU Lipid Disorders Clinic. What is LDL apheresis? Simply put, it is an FDA-approved procedure for removing LDL particles from the blood. It is generally reserved for patients with a previous heart attack and LDL concentrations of greater than 200 mg/dl despite optimal dietary and drug therapy. In this procedure, venous blood is continuously passed over a column that removes LDL, VLDL, and Lp(a) during a 2-3 hour procedure and is performed every two weeks. LDL cholesterol levels can be decreased from over 200 mg/dl to 30-50 mg/dl during this procedure, which acutely improves endothelial function and helps reduce the risk of cardiovascular events. OHSU and University of Washington are the only institutions in the Northwest that offer it. For more information, please contact Dr. Duell at 503-494-2007 or Paula Bisaccio at 503-494-2002.

Nutrition Tidbits

Have a Salad with Dinner

To prove that salads can reduce calorie intake at a meal, Pennsylvania State University researchers gave women large (3 cups total), low-calorie salads for lunch before serving them the rest of the meal. The salads contained greens, carrots, tomatoes, celery and cucumbers with a small amount of low-fat dressing. The results? Subjects ate 100 fewer calories at the meal after eating the large low-calorie salad. However, women served salads half that size (more typical of American portions) reduced calories by half as much. Worse yet, larger portions of higher-calorie salads (those containing cheese and regular salad dressings) actually *increased* calorie consumption at meals by 17 percent! When it comes to salads, you're better off with lots of vegetables and light dressing!

American Institute for Cancer Research 2004

Just How Many Calories Are Those Gourmet Coffee Drinks Contributing to Your Diet?



Researchers looked at frequency of gourmet coffee beverage consumption, as well as their energy and fat contribution, to the diets of college women. Here's what they found: Up to 61% of women surveyed consumed gourmet coffee beverages. The average coffee drink consumption was 2.5 times per week. The women who did consume gourmet coffee drinks had a 206 kcal/day higher intake and a 32 gram higher sugar intake than non-consumers. While 206 kcals/day may not seem like much, over the course of a month, this can lead to almost 2 pounds of weight gain! For tips on reducing calories in your favorite coffee drink, see the next article.

J Am Diet Assoc 2004; 104:650-653



Starbucks Light Frappuccinos

Maybe you've seen these advertised lately and wondered "what is this all about?" That's right...Starbucks LIGHT Frappuccinos! You may have noticed Starbucks is now including a list of nutrition facts in their pamphlet section, or simply go to www.Starbucks.com and type in "nutrition" to find out what the nutritional profile of your favorite drink is... it just might surprise you! These Light Frappuccinos are made with half Splenda (a no calorie sweetener) and half the typical amount of sugar, and fat-free milk products instead of low-fat. Thus, they are lower in calories and fat! A tall (smallest size!) Coffee Frappuccino (no whipped cream on this one) is 190 Calories and 2.5 grams of fat. The Light Coffee Frappuccino is only 110 Calories and 1 gram of fat. However, other drinks are 500, 600, and even more than 700 Calories, so beware! A venti (largest size) Java Chip Frappuccino with whipped cream contains 650 Calories and 25 grams of fat! Wow, and that's NOT including the Black and White Cookie you get at the last second for 430 Calories and 17 grams of fat, or better yet, the Coffee Cake for 620 Calories and 29 grams of fat. For the average woman trying to eat 1500-2000 Calories/day, these treats can contribute over 1000 extra Calories!

What Should You Order at Starbucks?

Go for the smallest sized drinks. You CAN order a "short" for hot drinks (this is 8 ounces, but you have to ask for it since it's not advertised). Don't be afraid to be specific: ask for fat-free or low-fat milk, soy milk, sugar-free syrup or just one pump of syrup instead of the typical 5 or 6 pumps, hold the whipped cream and go light on the chocolate. During the summer, order it iced to save on 30-50% of the calories! A favorite in our office? A tall iced Americano (water and espresso) with an inch of cold soy milk. A great treat for less than 50 Calories! OK, too crazy for you? Try a Light Frappuccino for yourself! Some people think there's a bit of an aftertaste, but others don't notice the difference and just love them!



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Polenta with Late Summer Garden Vegetables

This tasty dish is hard to describe so you'll have to find out for yourself!

1 – 18 ounce San Gennaro Polenta log (diced into ½ inch cubes)

Vegetable Mixture:

2 teaspoons olive oil, divided

1 cup fresh or frozen corn

½ teaspoon (or less) Lite Salt

1 cup chopped tomatoes

½ cup each yellow and green squash, chopped

1/8 teaspoon pepper

¾ cup chopped fresh basil leaves

1 jalapeño pepper, seeded and thinly sliced

1 cup marinara sauce

¼ cup Parmesan cheese



To prepare Vegetable Mixture: Heat 1 teaspoon olive oil in large skillet; add corn and squash and cook until tender, 5 to 10 minutes. Add Lite Salt. In a separate bowl, combine tomatoes, 1 teaspoon olive oil and pepper. Cool the corn and squash and mix with the tomatoes, ½ cup basil and jalapeño peppers.

To assemble: Preheat oven to 375°. Pour the marinara sauce into a 9-by-13 inch baking dish. Arrange polenta cubes evenly on top of marinara sauce. Spoon vegetable mixture on top of the polenta. Sprinkle with Parmesan cheese. Cover and bake 25 minutes. Uncover and bake 10 minutes or until bubbly. Sprinkle remaining ¼ cup basil over the top and serve.

Makes 6 servings.

~ Per Serving ~

Calories 224

Sodium 130 mg

Fiber 1 gm

Total Fat 5 gm

Saturated Fat 1 gm

Cholesterol 3 mg

Cholesterol-saturated fat index 1

