

Healthy Nutrition for Metabolic Syndrome



Metabolic syndrome includes several clinical features such as insulin resistance, dyslipidemia (high triglycerides and low high-density lipoproteins), central obesity, and hypertension.

General Nutrition:

- Eat a balanced diet containing foods that are high in fiber, vitamins and minerals, protein, and healthy fats
- Increase intake of dietary fiber by eating fruits, vegetables, and whole grains like whole wheat bread and brown rice
- Increase physical activity
- Reduce body weight by 7% to 10%

Some Nutrient-rich Foods:

- Leafy green vegetables
- Fruits rich in fiber like apples, bananas, and berries
- Whole-grain cereals and grains
- Legumes like black beans, chickpeas, and lima beans
- Healthy fats like peanuts, tree nuts, and avocados
- Lean proteins including beans, peas, and lentils

General Recommendations:

A variety of dietary patterns can be followed. For example, to follow a Mediterranean Diet:

- 35% to 45% of total daily calories should come from fat
- 35% to 45% of total daily calories should come from carbohydrates
- 15% to 18% of total daily calories should come from protein

Sample Meal: Mediterranean Dinner

Plant-based lentil soup prepared with:

- Extra-virgin olive oil
- Carrots, garlic, onions, and lentils
- Reduced-sodium vegetable broth

Evening snack:

- 1/4 cup peanuts
- 1 cup low-fat yogurt

Potential Benefits:

- Increasing consumption of unsaturated fats can improve blood sugar, cholesterol, and blood pressure
- Reducing body weight by 7% to 10% can reduce your risk for cardiovascular disease and Type 2 Diabetes

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Limit:

- Foods high in added sugar
- Sources of saturated and trans fats
- High-sodium foods
- Red meat
- Sweets and pastries
- Soft drinks
- Refined grains and starches

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