

More about blood lipids

Cholesterol:

A waxy substance found in the blood. There are two types, LDL and HDL cholesterol.

LDL:

aka “bad” cholesterol, raises the amount of fat in your arteries.

HDL:

aka “good” cholesterol, sticks to LDL and carries it away from your arteries.

Triglycerides:

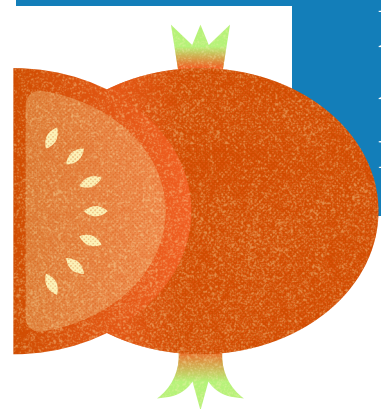
The most common type of fat in your body. They store extra energy.

Testosterone

Therapy can raise triglyceride, total cholesterol, and LDL levels, and can lower HDL levels.

Estrogen

Therapy can raise triglyceride and total cholesterol levels.



Knowledge is Power!

Include more of these foods in your diet:

Fibre Rich Foods

- fruits and vegetables
- legumes (beans, lentils, or chickpeas)
- whole grains
- nuts and seeds

Lean Proteins

- white fish
- tofu
- legumes
- lean cuts of meat
- skinless poultry

Heart Healthy Fats

- vegetable and olive oils
- avocado
- oily fish
- nuts and seeds

Nutrition is essential to help you feel your best



Tips to Optimize your Diet

Top oatmeal or cereal with nuts or seeds, or enjoy them as a quick snack.

Try a plant-based protein option such as tofu or beans 1-2 days a week.

Add a side of your favourite vegetables to your lunch or dinner.

Choose olive oil when cooking or use in a salad dressing.

Try whole grain toast topped with mashed avocado for a new snack.

Use whole-wheat noodles in your favourite pasta dish.

Remember your Power!

During this time, your body is doing something amazing and deserves self care. Nourish your body with the tips above to feel your best!



There are many amazing benefits to hormone replacement therapy (HRT):

- Helps achieve changes consistent with transition and gender identity goals
- Improve social and psychological wellbeing

HRT and Heart Health

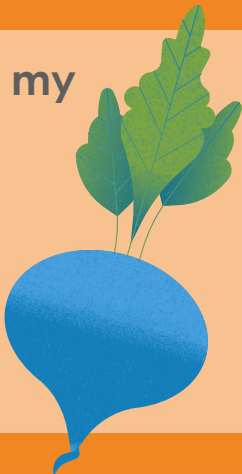
Studies have shown that individuals receiving HRT may have changes in their blood lipid levels, which are fats found in our bloodstream. This can be safely managed through nutrition.

Is HRT safe?

Yes! While these changes may seem scary, benefits of HT outweigh any cardiovascular risks.

What can I do to feel my best?

Through simple changes, you can support your body while taking HRT, helping you feel your best as you transition

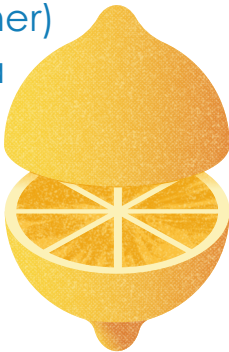


WE ARE HERE TO SUPPORT YOU!

If you are feeling unsure or if you would like to learn more - our registered dietitians are here to support you and are happy to help provide nutrition advice tailored to your needs!

Contact information

Abby Richter, RD (she/her)
arichter@guelphchc.ca
519-821-6638 x 476



Shin Low, RD (she/her)
shinlow@guelphchc.ca
519-821-6638 x 257

Find Us Here



Guelph CHC
Hive Health Services
77 Westmount Rd.
Suite 110
Guelph ON

Guelph CHC
176 Wyndham
St. N.
Guelph, ON

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Sánchez-Toscano, E., Domínguez-Riscart, J., Larrán-Escandón, L.,
Mateo-Gavira, I., & Aguilar-Diosdado, M. (2023)



Created by
Dietetic Interns at
Guelph CHC



Nutrition for Heart Health during Hormone Replacement Therapy (HRT)

Nutrition recommendations and tips to help nourish your body.