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Founder and Registered Dietitian, Top Balance Nutrition

Clinical Nutrition Coordinator, NYU School of Medicine

Board of Directors Member-At-Large, Northeast Chapter, National Lipid Association

Spokesperson: Sanofi/Regeneron pharmaceuticals

Consultant: AKCEA pharmaceuticals



Biography

Maria Alexandra Bella received her Masters in Clinical Nutrition from New York University and completed her Dietetic Residency at NYU Langone Medical Center. She is an active member of the Academy of Nutrition and Dietetics, the Greater New York Dietetic Association, the National Lipid Association, and the National Academy of Sports Medicine.

Maria Bella is the founder of Top Balance Nutrition, a private practice in Midtown Manhattan, which she founded in 2008. She is a practicing dietitian counseling patients at her practice and at the Center for the Prevention of Cardiovascular Disease at NYU Langone Medical Center.

Currently, Maria has over 11,200 documented patient contact hours and specializes in the management of weight, hyperlipidemias, metabolic syndrome and diabetes. Maria's motivational approach has led to thousands of success stories. Her support, nutrition knowledge and genuine nature is incomparable.



top balance nutrition
balance in food, balance in life



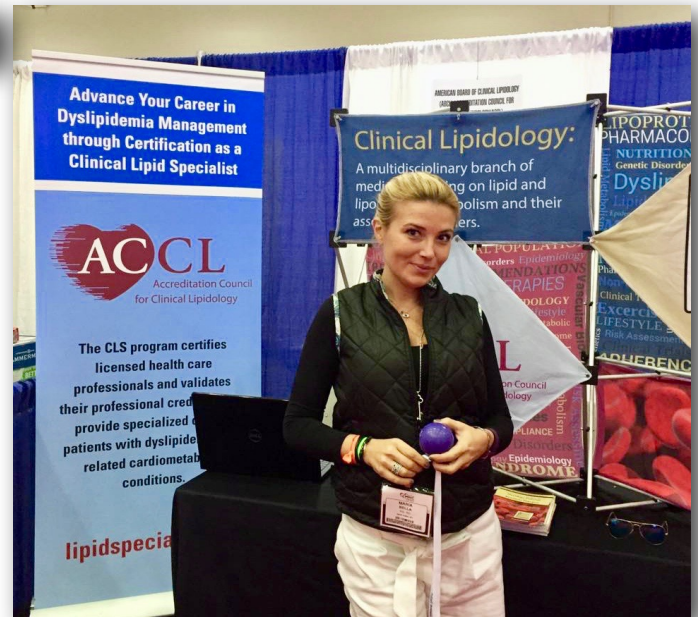
"My experience with Maria Bella made me feel optimistic about my future.

Maria listened and made realistic lifestyle adjustment suggestions for me to achieve my goal. I'm encouraged to take this journey, to do something that will benefit my future well-being."

- Patient Review, ZocDoc

Speaking Engagements/Presentations

- American Society for Preventative Cardiology, Boca Raton, FL. September 2016: Nutrition 101 for Physicians
- NYU Langone Cardiovascular Disease Symposium. New York, NY: May 2016: Dietary Counseling 101: How to Apply Basic Dietary Counseling to Your Practice
- Baptist Health, Miami, FL. February 2016: Saturated fat debate with Eric Westman, MD
- Baptist Health, Miami, FL. February 2016: Dietary management of the metabolic syndrome
- American Society for Preventative Cardiology, Boca Raton, FL. August 2015: Dietary management of hypertriglyceridemia
- Chicago National Lipid Association, Chicago IL. June 2015: Rise in Serum Lipids After Dietary Incorporation of "Bulletproof Coffee"



Rise in Serum Lipids After Dietary Incorporation of "Bulletproof Coffee"

Bora Toklu, MD, Vanessa Hurta, NP, Maria Bella, RD, James Underberg, MD
New York University School of Medicine, New York, NY

NEW YORK UNIVERSITY

Background: Replacing saturated fatty acids (FAs) in the diet with poly- and monounsaturated FAs may reduce the risk of cardiovascular disease^{1,2}. Recent US Department of Health and Human Services and the US Department of Agriculture dietary guidelines recommend consumption of diets that are low in saturated fat³. Dietary trends such as the "Paleo diet" and "bulletproof coffee" promote the consumption of high amounts of saturated FAs. "Bulletproof coffee" is a blend of black coffee and grass-fed butter with brain octane oil (caprylic acid). Advertised as a "healthy" beverage that leads to sustained energy, concentration and weight loss, its ingredients include 2 tbsp of unsalted grass-fed butter, 1 tbsp of brain octane oil mixed with 1-2 cups of branded "Bulletproof Upgraded Coffee". Grass-fed butter and brain octane oil include predominantly saturated fats. The effects of "bulletproof coffee" on the lipid profile have not been described in detail. One report describes elevated levels of LDL cholesterol and apolipoprotein B after "bulletproof coffee" consumption⁴. Some suggest "bulletproof coffee" with butter should replace statins⁵.

Objective: To describe the effects of "bulletproof coffee" on the lipid profile.

Methods: A 59 year-old male with dyslipidemia who was referred for an acute increase in serum lipids after incorporating "bulletproof coffee" into his diet. The patient has dyslipidemia and his father had coronary artery disease. He was previously on rosuvastatin but had self-discontinued this.

Results: The patient's lipid levels almost doubled after discontinuation of rosuvastatin (Table). He then incorporated 1-2 cups of "bulletproof coffee" every day into his diet as an alternative to rosuvastatin therapy. After several months of daily consumption, with stable exercise level, his lipid profile worsened and was advised to stop. Table depicts this patient's lipid profile while on and off of rosuvastatin therapy and after he started consuming "bulletproof coffee".

Bullet Proof Coffee

Nutrition Facts Report
Source: Custom
No. Ingredients: 3
Category: Basic Food
Manufacturer: (None)

Ingredients
8.000 L of Coffee, Brewed
2.000 T Butter, Unsalted
2.000 T Oil, Coconut

Macronutrients

Kilocalories	440,482 kcal
Trans Fatty Acid	0.526 g
Sugar, Total	0.017 g
Protein	0.526 g
Carbohydrate	0.017 g
Fat, Total	50.283 g
Alcohol	0.000 g
Cholesterol	61.060 mg
Saturated Fat	38.121 g
Monounsaturated Fat	7.583 g
Polysaturated Fat	1.588 g
Trans Fatty Acid	0.931 g
Dietary Fiber, Total	0.000 g
Sugar, Total	0.017 g

Percentage of Kcal

Protein	0.5%
Carbohydrate	0.0%
Fat, total	99.5%
Alcohol	0.0%

Nutrition Facts
Serving Size 8.00 fluid ounce(s) (235g)
Amount Per Serving
Calories 440
Calories from Fat 453

	% Daily Value
Total Fat 50.3g	77%
Saturated Fat 38.1g	191%
Trans Fat 0.5g	
Cholesterol 61.1mg	20%
Sodium 7.6mg	0%
Total Carbohydrate 0.0g	0%
Dietary Fiber 0.0g	0%
Sugar 0.0g	
Protein 0.5g	
Vitamin A 16%	Calcium 1%
Vitamin C 0%	Iron 0%

Conclusions:

- We believe that the rise in cholesterol levels of this patient was due to a diet enriched in saturated FAs, mainly resulting from the incorporation of "bulletproof coffee" into the diet.
- Claims that "bulletproof coffee" should replace statins may be inaccurate for some patients and represent potential health hazard for those incorporating it into their diet.
- Although USDA has recently revised their dietary recommendations and withdrew the limitation to daily recommended intake of total cholesterol, they continue to endorse limiting daily saturated cholesterol intake to <10% of total calories per day⁶.

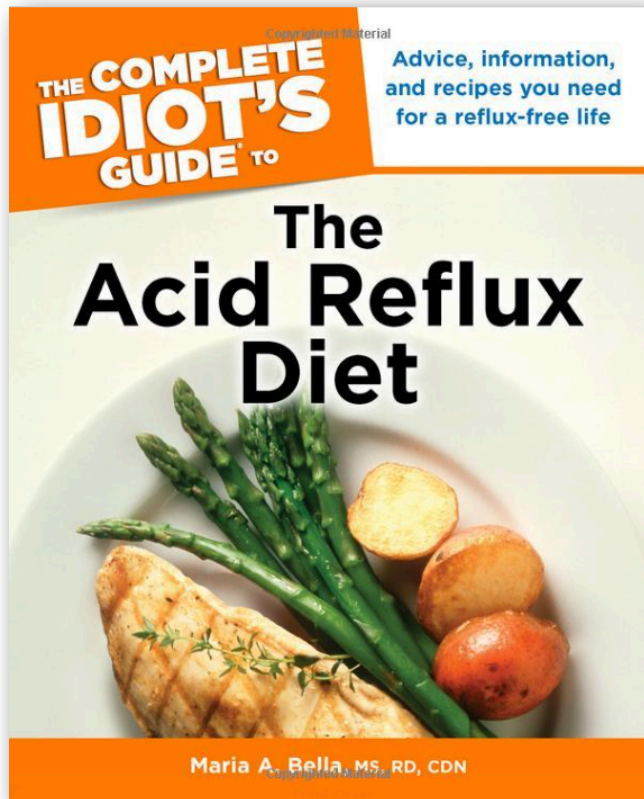
References:

- Hooper L, Summerbell CD, Thompson RL, et al. Reduced or modified dietary fat for preventing cardiovascular disease. The Cochrane database of systematic reviews. 2012;12:CD001777.
- Micha R, Mozaffarian D. Saturated fat and cardiovascular risk factors, coronary heart disease, stroke and diabetes: a fresh look at the evidence. J Intern Med. 2010;267(1):93-105.
- Scientific Report of the 2015 Dietary Guidelines Advisory Committee. <http://www.health.gov/dietaryguidelines/2015-scientific-report/>. Accessed Feb 21 2015.
- Nashley K, Chole P, Shaker KM, Avramis 6520. DOES THE "B" IN "BULLET-PROOF COFFEE" STAY IN? FOR JGIM 2015. <https://www.ama-assn.org/speical-meetings/abstracts/archives/>. Accessed Feb 21 2015.
- The Food and Drug Administration. <https://www.fda.gov/food/food-safety-and-inspection-service/bulletproof-coffee>. Accessed Feb 21 2015.

Table 1. Lipid profile parameters on, off Rosuvastatin and "bulletproof coffee"

	Total Cholesterol (mg/dL)	LDL-C (mg/dL)	HDL-C (mg/dL)	Triglycerides (mg/dL)	Non-HDL (mg/dL)	Apo-B (mg/dL)
On rosuvastatin	138	84	43	53	95	NA
Off of rosuvastatin	215	156	44	75	171	NA
On "bulletproof coffee"	285 (+33%)	232 (+49%)	48 (+9%)	63 (-16%)	237 (+39%)	158
Off of "bulletproof coffee"	247	187	49	52	198	135





- Dyslipidemia: A Clinical Approach, Nutrition and Health chapter, June 2017
- Rise in Serum Lipids After Dietary Incorporation of "Bulletproof Coffee," June 2015
- Gastroenterology Nursing: A Core Curriculum 5th ed., editor of Nutrition chapter, 2013
- The Complete Idiot's Guide to The Acid Reflux Diet, January 2012
- Identification of Cell Binding Sites in the Laminin Alpha 5 Chain G Domain Experimental Cell Research 277 (2002) 95-106.
- Identification of morphine in adrenal medullary chromaffin PC-12 cell line, Molecular Brain Research 81 (2000) 177-180.

Radio/Podcast Interviews

Doctor Radio, NYU Langone: Nutrition and heart health on SiriusXM Radio



Expert Interview: Healthy Eating For Sleep Apnea With Maria Alexandra Bella: Dr. Steven Park



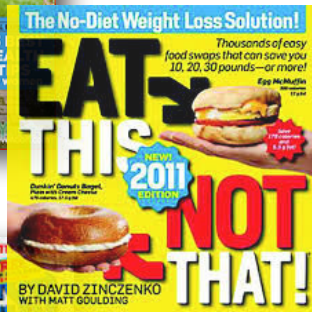
Supermarket Savvy: Dr. Dyson Show

Black America Web, Get Well Wednesdays: Maria Bella Answers Your High Cholesterol, Diet and Nutrition Questions



Get Well Wednesday



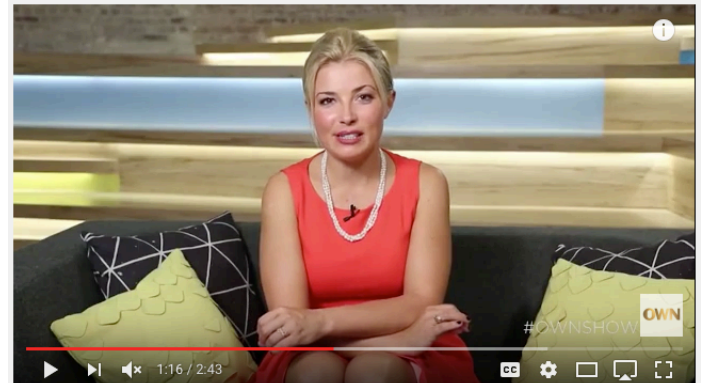


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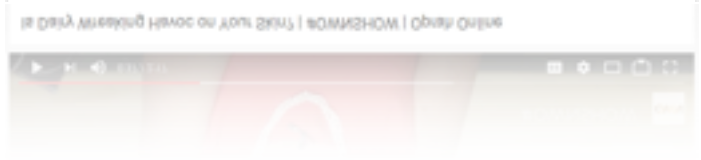
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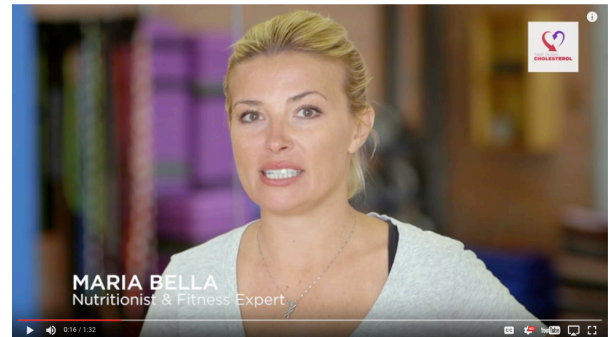


TAKE DOWN CHOLESTEROL



QUICK EXERCISE TIPS

Nutrition and fitness expert Maria Bella offers some quick tips for incorporating exercise into your routine.



MAKING SMART CHOICES

Nutrition and fitness expert Maria Bella offers up some easy advice to keep in mind the next time you make a trip to the grocery store.



HEALTHY HUMMUS

Nutrition and fitness expert Maria Bella and her client Bruce show you how to make a hummus recipe that works great as a low-fat snack.



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Social Media



@TopBalanceNutrition - 1,550 followers



Top Balance Nutrition - 1,450 likes

@MariaAlexandraBella - 2,200 followers



@DietitianNYC - 2,400 followers

"I came to Maria 3 years ago being about 60 lbs overweight. She is very knowledgeable in nutrition, stern when needed, but is also a truly loving person who cares deeply for other people. At this point I am at my goal weight. I love her because she is SMART, REAL, and non-judgmental. She has been down this path and is prepared to hold your hand all the way."

- Patient Review, Wellness

Contact Maria

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