

DIETARY ADVICE TO HELP LOWER YOUR CHOLESTEROL AND KEEP YOUR HEART HEALTHY

Food Group	Best Choice	Occasionally (2-3 items/week)	Best avoided!
<p>Bread, other cereals & potatoes</p> <p>Aim to base all meals on a good sized serving from this group. Have bread or bread products as healthy snacks.</p>	<p>√ Wholegrain varieties of bread, chapatti without fat, pitta bread, flour tortillas, pasta, rice, Basmati rice, noodles.</p> <p>√ Wholegrain breakfast cereals.</p> <p>♥ Oats, couscous. Potatoes, sweet potatoes, yam & plantain.</p>	<p>Naan bread. Reduced fat oven chips (with less than 5% fat). Roast potatoes.</p>	<p>Garlic bread, croissants, waffles. Parathas, puris, samosa, pakoras. Pilau, biryani & fried rice. Sugar coated breakfast cereals. Deep fried chips.</p>
<p>Fruit & vegetables</p> <p>Eat plenty: at least five or more portions every day. 😊</p>	<p>Fresh, frozen, fruit & vegetables. 100% juice, dried fruit. Canned fruit in natural juice. Vegetables canned in water. Homemade vegetable based soups.</p>	<p>Canned fruit in syrup (drain the syrup). Reduced fat coleslaw.</p>	<p>Coleslaw. Vegetables fried in batter (eg onion rings).</p>
<p>Meat, fish & alternatives</p> <p>Eat a moderate amount (1-2 portions a day)</p> <p>Vary by choosing low fat meat; 2-3 times a week. On the other days choose fish or non-meat alternatives.</p> <p>Try to eat fish at least twice a week, inc. one portion of oily fish. A portion of fish (or meat) is an amount the size of a pack of playing cards. A portion of eggs is 2 eggs. A portion of nuts & seeds is 2 tablespoons.</p> <p>A portion of cooked beans, peas & lentils is 4 cooked tablespoons.</p>	<p>Lean pork, ham, lamb, beef. Extra lean minced beef. Liver & kidney. Chicken & turkey without skin. Veal, venison, rabbit, game.</p> <p>All fish – cod, plaice, sole, whiting, canned tuna & shellfish. Oily fish – (fresh & canned) mackerel, sardines, pilchards, salmon, trout, herrings & fresh tuna.</p> <p>3-4 per week – boiled, scrambled, poached without fat.</p> <p>All nuts especially almonds, walnuts, linseed (flaxseed), pumpkin, sesame, sunflower seeds. Nut/seed butters.</p> <p>Baked beans, sweet corn, kidney beans, chick peas, lentils, peas. Rinse if canned in salt/sugar.</p> <p>♥ Soya mince, soya beans, tofu. Quorn sausages/burgers etc.</p>	<p>Lean bacon, low fat sausages, chicken breast in breadcrumbs, burgers, meatballs. Read the labels, find the lowest fat version.</p> <p>Canned fish in oil (drain oil). Fried fish in batter (remove batter). Fish fingers, fish cakes.</p> <p>Fried eggs & omelettes with minimal cooking fat.</p> <p>Reduced fat coconut milk.</p> <p>Vegetarian sausages.</p>	<p>Fatty cuts of meat – belly pork, breast of lamb, duck, goose. Frankfurters, streaky bacon, sausages & sausage rolls, pies, pasties, pork pies. Chicken nuggets & 'Kiev'.</p> <p>Fish in rich creamy or cheesy sauces. Hollandaise, lobster sauce, seafood cocktail sauce.</p> <p>Quiche, Scotch eggs.</p> <p>Coconut, coconut cream. Roasted nuts in oil & salt. Nut and seed butters with hydrogenated oils, palm oil.</p>
<p>Milk/dairy foods & alternatives</p> <p>Aim to have 2-3 portions a day in drinks or in meals/snacks.</p> <p>A portion is a medium glass of milk (200ml).</p> <p>A portion is a small pot of yoghurt or light fromage frais (150g).</p> <p>A portion is a matchbox of medium fat cheese (40g) or ½ matchbox of high fat cheese (20g) or 2 small matchboxes of 'light' cheese spread (80g) or a large pot of cottage cheese (200g)</p>	<p>Skimmed, semi-skimmed milk. ♥ Skimmed semi-skimmed milk with plant sterols. ♥ Soya milk (with added calcium & vitamins).</p> <p>Low fat natural, fruit & diet yoghurts. ♥ Yoghurts and mini-yoghurt drinks with plant stanols/sterols. ♥ Soya yoghurts.</p> <p>Low fat cheese, e.g cottage, curd cheese, quark, ricotta, half-fat Edam, 'extra light' cheese spread.</p>	<p>Reduced fat evaporated milk.</p> <p>Greek half-fat yoghurt, whole milk yoghurt.</p> <p>Medium fat cheese, eg half-fat cheddar, edam, brie, camembert, soft goat's cheese, mozzarella, feta, 'light' cheese spread, paneer.</p>	<p>Full fat milk. Sheep's, goat's milk. Evaporated or condensed milk.</p> <p>Greek yoghurt, thick & creamy yoghurt.</p> <p>High fat cheese e.g cream cheese, mascarpone, stilton, cheddar type cheeses. Vegetarian cheddar, gouda, parmesan, full fat cheese spread, fried paneer.</p>
<p>Fatty and sugary foods</p> <p>Try to eat in small amounts daily or as occasional treats.</p> <p>Use as little oil as possible, measure don't pour! Spray oil.</p>	<p>Low fat unsaturated fat spreads. ♥ Spreads with plant stanols/sterols.</p> <p>Monounsaturated or polyunsaturated oils – olive, rapeseed, (most vegetable oil is made from rapeseed oil – check label) sunflower, soya, corn.</p> <p>Virtually fat free fromage frais.</p> <p>Use lemon juice, vinegar, herbs, yoghurt etc for salad dressings. Thicken sauces and gravy with flour. Use low salt stock.</p> <p>Plain biscuits. Tea cakes, crumpets, malt bread. Fruit salads, sorbet. Sugar free jelly.</p> <p>Breadsticks, plain popcorn, unsalted nuts and seeds, dried fruit. Thin-based pizzas.</p>	<p>Spreads made from unsaturated oils.</p> <p>Half-cream, half-fat crème fraiche. Fromage frais.</p> <p>Low calorie salad creams & mayonnaise.</p> <p>Home made cakes & puddings using best choice ingredients. Fruit based puddings. Ice cream. Meringue.</p> <p>Jams, honey, marmalade, sugar, sweeteners, boiled sweets, mints, fruit gums.</p> <p>Low fat crisps, reduced fat hummus.</p>	<p>Butter, lard, suit, dripping, ghee, hard margarines, spreads with greater than 1% 'trans' fat – check label.</p> <p>Hydrogenated or partially hydrogenated vegetable oil (a source of 'trans' fats). Oils which have been reheated several times.</p> <p>Clotted, double, whipping, soured, single cream. Crème fraiche.</p> <p>Salad creams, mayonnaise. Rich sauces made with cream or roux.</p> <p>Cakes, pastries, pies, steamed puddings, trifle, doughnuts, cheesecake. Cream, chocolate biscuits, shortbread.</p> <p>Chocolate, fudge, toffees and Indian sweets.</p> <p>Crisps, cheese snacks. Bombay mix. Pizzas with too much cheese.</p>
<p>Flavourings</p>	<p>Pepper, herbs, spices, lemon juice, garlic etc.</p>	<p>Chutney & pickles. Reduced salt soy sauce.</p>	<p>Salt, garlic salt, celery salt. Soy sauce. Oily pickles.</p>
<p>Drinks</p> <p>Drink 1.5-2 litres of fluid per day.</p>	<p>Tap, mineral, soda water, fruit juice, tea, coffee with low fat milks.</p>	<p>Sugar free squash, diet fizzy drinks. Alcohol</p>	<p>Fruit squash, fizzy drinks.</p>

What is Cholesterol?

Cholesterol is a white waxy substance, vital for good healthy as it helps form cell membranes, various hormones, bile salts and vitamin D. It only becomes a problem if you have too much of it, as too much increases your risk of heart disease.

There are two main types of cholesterol, low-density lipoprotein cholesterol (LDL) and high density lipoprotein (HDL) cholesterol. The LDL cholesterol is though of as the 'bad' cholesterol as it is the main carrier of harmful cholesterol to your arteries where it builds up and causes narrowing. The HDL is the 'good' cholesterol as it pickles up excess cholesterol and takes it away from the arteries.

So the ideal situation is to have a low LDL and a high HDL.

What are the normal levels of cholesterol?

The average total cholesterol level in the UK is about 5.8mmol/l but in countries where heart disease is rare the levels are much lower. New guidelines recommend a cholesterol level of less than 4.0mmol/l and LDL cholesterol of less than 2.0mmol/l, to reduce the risk of heart disease. Any reduction in an individual's cholesterol levels through diet and lifestyle measures will have health benefits.

Why is cholesterol important?

A number of risk factors contribute to developing heart disease. However, a raised level of LDL 'bad' cholesterol is the greatest single risk factor and contributes to almost half of all deaths from heart disease.

- Cholesterol is also a major risk factor in stroke and has greater health implications in diabetic and obese individuals.
- Approximately two thirds of men and women have blood cholesterol levels of 5.0mmol/l and above.
- Heart disease is the most common cause of premature death in the UK.
- Eight out of ten people in the UK don't know their cholesterol levels.

Simple ways to lower cholesterol and keep your heart healthy.

- Enjoy a balanced diet with plenty of fruit and vegetables, based on starchy wholegrain foods and low in fat especially saturated fat. Include good heart healthy foods such as oily fish, oats, beans, nuts, soya and plant stanols and sterols.
- Aim for a healthy weight and shape! The more apple-shaped you are, the more at risk you are of heart disease. Try to keep to a waist measurement of less than 80cm (32") for a woman or 94cm (37") for a man. Serious health risks are associated with waist measurements above 88cm (35") and 102cm (40") for women and men respectively.
- If you need to lose weight follow our 'heart healthy' dietary advice but decrease the portion sizes and take more physical activity.

For those with high risk of developing heart disease your doctor may decide that other treatments are also appropriate.

What else can I do to reduce my risk?

- Take regular physical activity – at least 30 minutes on most days of the week. Brisk walking is ideal.
- If you smoke, give up!
- Have your blood pressure checked regularly.
- If you have diabetes, keep it under good control.
- See your GP if you have a family history of heart disease.
- Reduce your stress levels.

Key to symptoms and notes

☺ Fruit and vegetables – eat a wide variety

At least five portions in total every day. A portion of fruit and vegetable is: 1 cereal bowl of mixed salad, 1 piece of fruit eg 1 apple, 2 pieces of small fruit eg 2 tangerines, 1 handful of grapes, strawberries, 1 heaped tablespoon dried fruit, 3 tablespoons vegetables or fresh fruit salad, 1 medium glass of fruit juice (150ml) (can only count as one portion each day).

🍳 Cooking styles. For less fat – steam, microwave, poach or boil – these methods need no fat or oil. If stir-frying, grilling use as little oil as possible (1 teaspoon per person) or use spray oil. Use non-stick pans.

🍷 Alcohol. Keep to sensible limits – no more than 2 units daily for women (maximum 14 units per week) No more than 3 units daily for men (maximum 21 units per week).

🐟 Oily fish. Oily fish are rich in omega 3 fatty acids which are especially good for heart health. If you've had a heart attack or have heart disease, aim to eat 2-3 portions of oily fish every week. 1 portion = 100g of fish.

✓ Wholegrains. People with a healthy heart tend to eat more wholegrain foods as part of a healthy lifestyle.

♥ Oats, soya, plant stanols and sterols, vegetables, beans & nuts. These foods actively lower cholesterol.

PLANNING FOR CHANGE

Use the questions below to help you think about making the changes you've been reading about:

If I change.....

What do I gain?

What do I lose?

If I stay as I am....

What do I gain?

What do I lose?

Whilst reading this information you may have found things that you feel you could change – why not record them here. Try to make you just one small change at a time.

I will...

1. _____

2. _____

3. _____

Labelling. Ready meals and foods you eat in large amounts, look at the amounts per serving. For snacks, look at the 'per 100g' information.

A little is – 3g of fat, 1 g of saturates, 0.1g of sodium or 0.25g of salt.

A lot is – 20g of fat, 5g of saturates, 0.5g of sodium or 1.25g of salt.