

Heart Health: Cholesterol Lowering Dietary Advice – if you are a Healthy Weight

Fruit and vegetables

- Fruit and vegetables provide important vitamins that can be protective against the effects of cholesterol.
- These may be fresh, frozen or tinned.
- Potatoes are not included as they belong to the 'starchy food' group.
- Aim to eat 5 portions of fruit and vegetables a day

One portion is:

- 1 fresh fruit e.g. apple, small banana, pear, orange
- 2 small fruits e.g. plums or satsumas
- or, 3 tablespoons cooked vegetables
- or, a small mixed salad



Fish

- A cardio-protective diet includes eating more fish and less meat.
- White fish is a good source of lean protein and the oily fish can be beneficial for the circulation because of its oil.
- Everyone should aim for 1 serving of oily fish and 1 serving of white fish per week.
- A serving is 140g (approximately 5oz) per serving.
- Oily fish include herring, mackerel, salmon, pilchards, sardines and trout (fresh or tinned in brine or tomato sauce).

A maximum of 4 portions of oily fish per week is recommended for men and women who are not planning a pregnancy, pregnant or breast feeding. Pregnant or breastfeeding women should eat no more than 2 portions of oily fish per week and avoid marlin, shark and sword fish

Pulses, nuts and seeds

can help lower cholesterol levels

Aim to include these four or five times a week. Pulses include lentils, chickpeas, peas and beans; Unsalted nuts or seeds include almonds, walnuts, sunflower seeds, flaxseeds or sesame seeds.

Starchy foods

- Choose wholemeal/wholegrain bread, rice and pasta where possible. These foods are filling and low in fat. Do not add too much fat.

Foods containing fat


- Cut down on all fat but particularly saturated (animal) fats, such as, butter, lard, fatty meat, full-fat cheese and cream. Pastry, cakes and biscuits have a high fat content. Avoid frying and grill, bake, microwave, poach or steam food instead.
- Monounsaturated or polyunsaturated fats or oils are the best type to use for occasional frying or for stir-frying. Try small amounts of rapeseed, olive oil or walnut oil or sunflower oil.
- For baking and spreading on bread use either a monounsaturated or polyunsaturated spread, such as olive oil, sunflower or soya spread, or a low fat (light) version and use sparingly.
- Choose low-fat dairy foods, such as low-fat milk, half-fat and 'Light' cheeses and low fat yoghurts.
- Choose lean meats in moderate amounts, e.g. 75 – 100g (3-4oz) for a main meal.

Alcohol


- For people who drink alcohol, men can drink no more than 3-4 units each day and women no more than 2-3 units each day, without risking your health. At least 2 alcohol free days are recommended and no more than 14 units per week

½ pt standard strength beer or lager = 1 unit
small glass of wine (125ml) = 1 ½ units
single measure of spirits = 1 unit

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	Choose	Eat in Moderation	Avoid
FATS	<p>All fats should be limited</p> 	<p>ALL fats should be limited. On bread use either a margarine labelled 'high in polyunsaturates' or 'monounsaturates' e.g. soya/sunflower margarine, Flora, Vitalite, olive oil based spread OR a low fat spread such as Gold or Flora Light. Benecol or Flora Proactiv may also be used. For cooking use a small amount of an oil labelled "high in monounsaturates" e.g. olive or rapeseed oil. These are better to use than "polyunsaturated" oil e.g. sunflower, soya or corn oil. In baking, a sunflower white fat can be used to replace lard.</p>	<p>Saturated fats e.g. butter, lard, dripping, suet, palm oil, coconut oil. Margarines and fats that are not labelled "high in polyunsaturates" or "monounsaturates".</p>
MEAT	<p>Chicken, turkey, veal, rabbit, game. Skin should be removed from poultry. Liver and kidney*.</p>	<p>LEAN beef, bacon, ham, pork, lamb, lean mince, lean sausages and burgers. , liver and kidney.</p>	<p>Visible fat on meat (including crackling), breast of lamb, belly pork, streaky bacon, sausages and burgers (if not lean), pate, duck, goose, pork pies, scotch eggs, salami, corned beef.</p>
DAIRY	<p>Skimmed milk, cottage cheese. All low fat yoghurts and fromage frais (both natural and fruit). Eggs*.</p>	<p>Semi-skimmed milk. Half-fat hard cheeses and 'light' cheese spreads, Edam.</p>	<p>Whole milk, ordinary hard cheese, blue cheese. All types of cream. Thick and creamy yoghurts, Greek yoghurts.</p>
FISH	<p>All white and oily fish. Tinned fish in brine or tomato sauce. Shellfish*.</p>	<p>Fish fried suitable oil. Fish tinned in suitable oil.</p>	<p>Fish roes. Fish fried in unsuitable oil. Fish tinned in unsuitable oil.</p>
FRUIT & VEG	<p>All fresh, frozen and tinned fruit and vegetables. Tinned or dried peas, beans & lentils. Boiled and jacket potatoes.</p>	<p>Chips, crisps and roast potatoes cooked in suitable oil. Oven chips. Nuts (except coconut). Avocado pears, olives, peanut butter.</p>	<p>Chips, crisps and roast potatoes cooked in unsuitable oil or fat. Coconut</p>
CEREALS	<p>Bread, breakfast cereals, oats, rice and pasta, crispbreads. White (low fibre) versions may be eaten if you dislike the high-fibre types.</p>	<p>Scones, malt loaf, fruit tea-bread. Plain, semi-sweet biscuits, cream crackers, water biscuits. Sugar coated cereals. Lower fat range of biscuits. Sponges and cakes made with a suitable fat.</p>	<p>Croissants, brioches, savoury cheese biscuits. Fancy (cream, chocolate) biscuits. Shop-bought cakes & sponges.</p>

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DESSERTS	Low fat custard and milk puddings, instant whips made with low fat milk, jelly and sorbets. Fruit tinned in natural juice.	Fruit pies, crumbles & sponges made with a suitable fat. Fruit tinned in syrup. Ice-cream (1-2 scoops).	Full fat milk puddings and custard. Shop-bought pies & puddings. Cheesecakes, gateaux.
DRINKS	Tea and coffee, mineral water, sugar-free squashes and fizzy drinks. Unsweetened fruit juice. Clear and low calorie soup. Meat and yeast extracts. “40 calorie” per sachet/serving bedtime drink, such as Options, Cadbury’s Highlights.	Homemade soups (using suitable fat). Reduced fat bedtime drinks. Alcohol. 	Cream soups. Full-fat bedtime drinks.
MISC.	Pickles, chutneys, reduced sugar jam or marmalade. Artificial sweeteners, e.g. Canderel, Sweetex and Splenda.	Reduced calorie or low fat salad dressings and mayonnaise. Boiled sweets, fruit pastilles, peppermints. Ordinary jam or marmalade. Sugar, salt.	Full fat salad dressings and mayonnaise. Lemon curd, chocolate spreads. Chocolate, fudge, butterscotch.

*These foods contain cholesterol and only need to be avoided if recommended by your Doctor or Dietitian.

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.