

THE MARLOW MEDICAL GROUP

Information for Patients

Cholesterol Lowering Diet Sheet

Recent blood tests show that you have too much fat (called cholesterol) in your blood. This can increase your risk of developing heart disease.

What is cholesterol and how does it affect your health?

Cholesterol is a fatty substance found in everyone's blood. It is important for health, but too much leads to fatty deposits in blood vessels, which then get narrow or blocked. Most cholesterol is made from fat in the food we eat and so a high fat diet can lead to a raised blood cholesterol level.

Good cholesterol and bad cholesterol

There are two types of cholesterol you need to be aware of: Good Cholesterol and Bad Cholesterol

LDL-cholesterol: This cholesterol furs up the arteries and is often referred to as '**bad cholesterol**'

HDL-cholesterol: This cholesterol helps to remove the build-up of fatty substance in the arteries and so appears to have a protective effect. It is often referred to as '**good cholesterol**'

So what can I do?

Change the type of fat you eat. There are three types of fat in food:

Saturated fats: raise cholesterol. Most people in the UK consume too much saturated fat (butter, cheese, meat products, pies and pastries)

Poly-unsaturated fats: lower cholesterol (sunflower oil, corn oil, soya oil, and reduced fat spreads)

Mono-unsaturated fats: are good for your heart (margarines high in mono-unsaturated fats, olive oil and rapeseed oil)

Physical Activity

Being physically active can also help to improve cholesterol levels. Aim for 30 minutes of moderate activity 5 times a week, for example walking, swimming, dancing.

Alcohol

Keep alcohol consumption within sensible limits. All forms of alcohol are high in calories and should be restricted especially if you are overweight.

Salt

Limit your salt intake. Add extra flavour with fresh herbs, ginger and all members of the onion family, garlic, shallots, leeks and chives. Avoid processed foods.

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| Food Group | Best Choice | Occasionally | Best Avoided |
|---|--|--|--|
| <p><u>Bread, other cereals and potatoes</u> 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, pasta, rice, noodles. Wholegrain breakfast cereals. Oats. Couscous. Potatoes, sweet potatoes, yam & plantain.</p> | <p>Naan bread. Mashed potatoes. Plain, semi-sweet biscuits.</p> | <p>Garlic bread, croissants, waffles. Deep fried chips. Roast potatoes. Sugar coated breakfast cereals. Pastries, brioche, croissants.</p> |
| <p><u>Fruit and Vegetables</u> Eat plenty: at least five or more portions every day.</p> | <p>Fresh & frozen, fruit & vegetables. Salads. Pulses. Dried fruit. Canned fruit in natural juice.</p> | <p>Canned fruit in syrup (drain the syrup). Orange juice, grapefruit juice.</p> | <p>Vegetables fried in batter. Vegetables in creamy sauce. Coleslaws and salads with dressing. Apple juice, pineapple juice.</p> |
| <p><u>Meat, fish & alternatives</u> Eat a moderate amount (1-2 portions a day). Vary by choosing lean meat, 2-3 times a week. On the other days choose fish or non-meat alternatives. Try to eat fish at least twice a week, incl. 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. 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. All fish – cod, plaice, sole, whiting, canned tuna & shellfish. Oily fish – (fresh & canned) mackerel, sardines, pilchards, salmon, trout etc. Eggs – boiled or poached Nuts - especially almonds, walnuts, linseed (flaxseed), pumpkin, sesame, sunflower seeds. Baked beans, sweetcorn, kidney beans, chick peas, lentils, peas. Soya mince, tofu, mycoprotein (Quorn)</p> | <p>Lean bacon, reduced fat sausages, burgers, meatballs. (Grilled, not fried) Read the labels, choose lowest fat version. Reduced fat coconut milk.</p> | <p>Fatty cuts of meat – belly pork, breast of lamb, duck, goose. Streaky bacon, sausages & sausage rolls, pies, pasties, pork pies. Chicken nuggets. Fish in rich creamy or cheesy sauces. Hollandaise, lobster sauce, seafood cocktail sauce. Fried fish in batter. Eggs – fried or omelettes Coconut cream. Roasted nuts in oil & salt.</p> |
| <p><u>Milk/dairy foods & alternatives</u> Aim to have 2-3 portions a day in drinks or in snacks. A portion is a medium glass of milk (200ml). Or a small pot of yogurt or light fromage frais (150g). Or a matchbox of medium fat cheese (40g) or 2 small matchboxes of 'light' cheese spread (80g) or a pot of cottage cheese (200g).</p> | <p>Skimmed, Skimmed milk with plant sterols/stanols. Soya milk (with added calcium & vitamins). Low fat, fat-free or 'light' fruit yogurts. Yogurts & mini health drink (with plant sterols/stanols). Reduced fat cheese e.g. cottage, curd cheese, half-fat Edam, 'extra light' cheese spread.</p> | <p>Semi-skimmed milk. Reduced fat evaporated milk. (Greek) half-fat yogurt, Medium fat cheese e.g. half-fat cheddar, mozzarella, feta, 'light' cheese spread, quark.</p> | <p>Full fat milk. Sheep's, goat's milk. Evaporated or condensed milk. Clotted, double, whipping, soured, single cream. Creme fraiche. (Greek) yogurt, thick & creamy yogurt. High fat cheese e.g. cream cheese, mascarpone, brie, camembert, stilton, edam, parmesan, full fat cheese spread.</p> |
| <p><u>Oils and Fats</u> Small amounts of fats are essential in the diet. Replace saturated fats with 'good' unsaturated fats. Use saturated fats as little as possible.</p> | <p>Lower fat, unsaturated fat spreads, spreads with plant sterols/stanols. Liquid margarine.</p> | <p>High fat soft spreads.</p> | <p>Butter, lard, suet, dripping, ghee, hard margarines, palm oil.</p> |
| <p><u>Drinks</u> Drink 1.5 – 2 litres fluid per day.</p> | <p>(Mineral) water Coffee and Tea (skimmed milk).</p> | <p>Sugar free squash, diet fizzy drinks. Alcohol.</p> | <p>Fruit squash, fizzy drinks, whole milk drinks.</p> |