

















## OPTIMISING YOUR DIET FOR HEALTHY CHOLESTEROL LEVELS

Making good dietary choices is central to achieving good cholesterol levels and is recommended by experts worldwide. The key features of a cholesterol-lowering diet include reducing saturated fat intake, getting enough dietary fibre and incorporating plant stanol-containing products. Below you will find a table offering options/alternatives to help improve your diet in a practical, convenient way.






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		HEALTHIEST CHOICES	EAT OCCASIONALLY	BEST TO LIMIT
FRUIT & VEGETABLES	 FRUIT	<ul style="list-style-type: none"> <li>Fresh, frozen or dried fruit and fruit canned in natural juice</li> <li>Fruit smoothies (no added sugar)</li> </ul>	<ul style="list-style-type: none"> <li>Canned fruit in syrup (drain the syrup)</li> <li>100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Fruit flambéed in butter and sugar</li> <li>Fruit fritters</li> <li>Fruit coated in chocolate or candied fruit</li> </ul>
	 VEG	<ul style="list-style-type: none"> <li>Homemade vegetable based soups</li> <li>Fresh and frozen vegetables steamed or lightly boiled (cooked with no oil)</li> <li>100% vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>Canned vegetables containing added salt/sugar (rinse and drain)</li> <li>Fried vegetables</li> <li>Honey roasted vegetables like parsnips</li> </ul>	<ul style="list-style-type: none"> <li>Battered, deep fried vegetables (e.g. onion rings)</li> <li>Buttered vegetables</li> </ul>
	 SALADS	<ul style="list-style-type: none"> <li>Undressed salads or salads with low fat dressings</li> <li>Rainbow salads with a good variety of vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Reduced fat coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Salads with heavy mayonnaise dressing</li> </ul>
CARBOHYDRATES	 POTATOES	<ul style="list-style-type: none"> <li>Potatoes, sweet potatoes, yam and plantain – boiled, baked, mashed (no fat) or dry roasted</li> <li>Leave the skins on for extra fibre</li> </ul>	<ul style="list-style-type: none"> <li>Thick cut, reduced fat oven chips</li> <li>Roast potatoes cooked in small amounts of vegetable oil such as sunflower, rapeseed or olive oil</li> </ul>	<ul style="list-style-type: none"> <li>Roast potatoes cooked in dripping or large amounts of oil</li> <li>Potatoes mashed with butter/cream</li> <li>Deep fried thin cut chips</li> </ul>
	 BREAD	<ul style="list-style-type: none"> <li>Bread, bagels, rolls, pitta, tortillas, chapattis – choose wholemeal versions where possible and use lower fat spreads rather than butter, or no fat at all</li> <li>Wholegrain breakfast cereals, muesli (no added sugar), oats/porridge (with skimmed milk or semi-skimmed milk)</li> </ul>	<ul style="list-style-type: none"> <li>Naan bread</li> <li>Non-wholemeal options</li> </ul>	<ul style="list-style-type: none"> <li>Garlic bread, croissants, waffles</li> <li>Breads spread thickly with butter or made with ghee (e.g. parathas)</li> <li>Sugar coated breakfast cereals</li> </ul>
	 PASTA/RICE	<ul style="list-style-type: none"> <li>Boiled pasta, rice noodles – choose wholemeal versions where possible and eat plain or with vegetable-based sauces</li> <li>Wild rice</li> </ul>	<ul style="list-style-type: none"> <li>Non-wholemeal options</li> <li>Filled pasta like ravioli</li> </ul>	<ul style="list-style-type: none"> <li>Pasta or rice served in creamy/buttery sauces</li> <li>Fried rice</li> <li>Cheesy sauces</li> <li>Instant noodles containing lots of salt, fat or sugar</li> </ul>
PROTEIN	 MEAT	<ul style="list-style-type: none"> <li>Lean cuts of meat (pork, ham, lamb, beef, venison, veal, rabbit) and remove any visible fat</li> <li>Extra lean minced meat</li> <li>Grilled or roasted meat without using fat, or casserole with vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Lean bacon</li> <li>Low fat sausages</li> <li>Limit red meat intake to no more than 70 g on average per day</li> </ul>	<ul style="list-style-type: none"> <li>Fatty cuts of meat – belly pork, duck, goose; fat from edge of meat</li> <li>Processed meats like streaky bacon, frankfurters, sausages, sausage rolls, salami, parma ham</li> <li>Meat pies</li> </ul>
	 POULTRY	<ul style="list-style-type: none"> <li>Chicken and turkey without skin – grilled or roasted without fat, casserole with vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Chicken breast in breadcrumbs</li> <li>Pan-fried chicken</li> </ul>	<ul style="list-style-type: none"> <li>Poultry with skin</li> <li>Kievs</li> <li>Deep fried chicken</li> <li>Processed chicken nuggets</li> </ul>

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		HEALTHIEST CHOICES	EAT OCCASIONALLY	BEST TO LIMIT
PROTEIN	 FISH	<ul style="list-style-type: none"> <li>White fish (e.g. cod, plaice, sole) and oily fish (e.g. salmon, mackerel, herring, fresh tuna) – grilled, baked, steamed, poached or fried in a tiny amount of oil</li> <li>Canned fish in water</li> </ul>	<ul style="list-style-type: none"> <li>Canned fish in oil (drain oil)</li> <li>Fish fingers</li> </ul>	<ul style="list-style-type: none"> <li>Deep fried fish in batter/breadcrumbs</li> <li>Fish in buttery or rich sauces (e.g. Hollandaise, lobster sauce)</li> </ul>
	 EGGS	<ul style="list-style-type: none"> <li>Eggs – boiled, scrambled or poached without fat; scrambled eggs with skimmed/semi-skimmed milk</li> <li>Baked eggs with vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Fried eggs and omelettes cooked in minimal vegetable oil</li> </ul>	<ul style="list-style-type: none"> <li>Quiche</li> <li>Scotch eggs</li> <li>Egg mayonnaise</li> </ul>
	 BEANS, PEAS, LENTILS AND OTHER ALTERNATIVES	<ul style="list-style-type: none"> <li>Lentils, beans, peas, chickpeas, kidney beans (rinse if canned in salt/sugar)</li> <li>Reduced sugar/salt varieties of baked beans</li> <li>Soya mince, soya beans, tofu</li> <li>Quorn</li> </ul>	<ul style="list-style-type: none"> <li>Reduced fat hummus</li> </ul>	<ul style="list-style-type: none"> <li>Deep fried falafel</li> </ul>
	 NUTS AND SEEDS	<ul style="list-style-type: none"> <li>Nuts and seeds – especially almonds, walnuts, linseed (flaxseed), pumpkin, sesame, sunflower seeds</li> </ul>	<ul style="list-style-type: none"> <li>Nut butters (choose varieties lower in sugar and salt)</li> <li>Reduced fat coconut milk</li> </ul>	<ul style="list-style-type: none"> <li>Coconut, coconut cream, coconut milk</li> <li>Roasted nuts in oil and salt, chocolate coated nuts</li> <li>Nut and seed butters with hydrogenated fat</li> </ul>
DRINKS	 DRINKS	<ul style="list-style-type: none"> <li>Tap, mineral, soda water</li> <li>Small portions of fruit juice (no added sugar)</li> <li>Tea/coffee with low fat milk</li> <li>Low fat milk</li> <li>Sugar-free drinks</li> </ul>	<ul style="list-style-type: none"> <li>Sugar free squash</li> <li>Diet fizzy drinks</li> <li>Sugar free hot chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Fruit squash</li> <li>Fizzy drinks with added sugar</li> <li>Drinks made with whole milk and cream</li> <li>Milkshakes</li> <li>Hot chocolate</li> </ul>
FLAVOURINGS	 FLAVOURINGS	<ul style="list-style-type: none"> <li>Pepper, herbs, spices, lemon juice, garlic, etc.</li> <li>Pickles</li> </ul>	<ul style="list-style-type: none"> <li>Reduced salt soya sauce</li> <li>Reduced salt flavouring (e.g. reduced salt stock, ketchup)</li> <li>Chutney made without oil</li> <li>Small amount of chili sauce or low sugar/salt tomato ketchup</li> </ul>	<ul style="list-style-type: none"> <li>Salt (regular, sea and rock salt)</li> <li>Soy sauce</li> <li>Oily pickles</li> <li>Seasonings/flavour enhancers with added salt/sodium e.g. monosodium glutamate</li> </ul>
DAIRY & ALTERNATIVES	 MILK	<ul style="list-style-type: none"> <li>Skimmed, 1% fat or semi-skimmed milk</li> <li>Soya/nut/rice/coconut based drinks (with added calcium and vitamins)</li> </ul>		<ul style="list-style-type: none"> <li>Full fat milk</li> <li>Flavoured milk with added sugar</li> <li>Malted milk</li> </ul>
	 CHEESE	<ul style="list-style-type: none"> <li>Lower fat cheese e.g. cottage, quark, ricotta, fromage frais and 'extra light' soft cheese spreads</li> </ul>	<ul style="list-style-type: none"> <li>Medium fat cheese e.g. half fat cheddar, 'reduced fat' cheese, paneer, 'light' soft cheese spreads</li> </ul>	<ul style="list-style-type: none"> <li>High fat cheese e.g. cheddar, mascarpone, Red Leicester, Stilton, Gruyere, Parmesan</li> <li>Soft cheeses such as Brie, Camembert and cream cheese</li> <li>Fried paneer</li> </ul>

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DAIRY & ALTERNATIVES	 YOGURTS AND CREAM	<ul style="list-style-type: none"> <li>Low-fat and low-sugar yogurts</li> <li>Yogurts and yogurt drinks with plant stanols*/sterols (for people with high cholesterol)</li> <li>Dairy alternatives e.g. soya/nut/rice/coconut yogurts</li> <li>Low fat Greek yogurt</li> <li>Unsweetened kefir</li> </ul>	<ul style="list-style-type: none"> <li>Lower fat cream products</li> <li>Half fat crème fraîche</li> </ul>	<ul style="list-style-type: none"> <li>Creamy yogurts; Greek yogurt</li> <li>Clotted, double, whipping, soured, single cream</li> <li>Crème fraîche</li> </ul>
	FATTY AND SUGARY FOODS	 FATS, SPREADS AND OILS	<ul style="list-style-type: none"> <li>Lower, unsaturated fat spreads</li> <li>Spreads with plant stanols*/sterols (for people with high cholesterol)</li> <li>Unsaturated vegetable oils e.g. olive, sunflower, rapeseed, (most vegetable oil is made from rapeseed oil), soya, corn – use as little as possible (measure, don't pour) or use a spray oil</li> </ul>	
 SALAD DRESSINGS AND GRAVIES		<ul style="list-style-type: none"> <li>Low fat salad dressings</li> <li>Gravies and sauces thickened with flour</li> <li>Tomato/vegetable-based sauces</li> </ul>	<ul style="list-style-type: none"> <li>Lower fat salad creams and mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>Salad creams, mayonnaise</li> <li>Sauces made with butter or cream</li> <li>Gravies made with fat from cooking meat/poultry</li> </ul>
 BISCUITS, CAKES, CONFECTIONARY, PASTRIES AND DESSERTS		<ul style="list-style-type: none"> <li>Fruit salads, sorbet</li> <li>Sugar-free jelly</li> </ul>	<ul style="list-style-type: none"> <li>Plain biscuits (e.g. rich tea, malted milk biscuits), tea cakes, crumpets, malt bread; fruit buns</li> <li>Fruit-based puddings</li> <li>Frozen yogurt</li> <li>Meringue (without cream)</li> <li>Jam; fruit preserves</li> </ul>	<ul style="list-style-type: none"> <li>Cakes, biscuits, pastries, pies, doughnuts, cheesecake</li> <li>Chocolate, fudge, toffees</li> <li>Dairy ice cream or ice cream made with cream</li> </ul>
 SAVOURY SNACKS		<ul style="list-style-type: none"> <li>Wholemeal breadsticks</li> <li>Plain popcorn</li> <li>Tomato-based sauces and dips</li> </ul>	<ul style="list-style-type: none"> <li>Reduced fat crisps</li> <li>Reduced fat hummus</li> </ul>	<ul style="list-style-type: none"> <li>Crisps</li> <li>Cheese snacks</li> <li>Bombay mix</li> </ul>

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