

.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. Sugar coated breakfast cereals. </p>	<p>Garlic bread, croissants, waffles, parathas, puris, samosa, pakoras. Pilau, biryani & fried rice, 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 (e.g. onion rings).</p>
<p>Meat, fish & alternatives</p> <p>Eat a moderate amount (1-2 portions a day).</p> <p>Vary by choosing lean 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, 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.</p> <p>A portion of cooked beans, peas & lentils is 4 cooked tablespoons.</p>	<p>Lean pork, ham, lamb, and 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 and shellfish.  Oily fish – (fresh & canned) mackerel, sardines, pilchards, salmon, trout, herrings & fresh tuna. </p> <p>Eggs - 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, sweetcorn, 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, reduced fat sausages, chicken breast in breadcrumbs, burgers, meatballs. Read the labels, choose 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 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 yogurt 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.</p> <p>♥ Skimmed milk with plant sterols</p> <p>♥ Soya milk (with added calcium & vitamins).</p> <p>Low fat, fat free or 'light', fruit yogurts. ♥ Yogurts and mini health drinks with plant stanols/sterols.</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 yogurt, whole milk yogurt.</p> <p>Medium fat cheese e.g. half-fat cheddar, edam, brie, camembert, soft goat's cheese, mozzarella, feta, 'light' cheese spread, and paneer.</p>	<p>Full fat milk. Sheep's, goat's milk. Evaporated or condensed milk.</p> <p>Greek yogurt, thick & creamy yogurt.</p> <p>High fat cheese e.g. cream cheese, mascarpone, stilton, cheddar type cheeses, vegetarian cheddar, gouda, parmesan, full fat cheese spread, fried paneer, halloumi.</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 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, yogurt etc. for salad dressings. Reduced calorie salad creams & mayonnaise. Thicken sauces and gravy with flour. Use low salt stock.</p> <p>Fruit salads, sorbet. Sugar free jelly.</p> <p>Unsalted nuts & seeds, dried fruit. Fresh fruit.</p>	<p>Spreads made from unsaturated oils.</p> <p>Half-cream, half-fat crème fraiche, fromage frais.</p> <p>Salad creams & mayonnaise.</p> <p>Homemade cakes & puddings using best choice ingredients. Fruit based puddings, ice cream, meringue, sorbet. Plain biscuits, tea, cakes, crumpets, malt bread.</p> <p>Jams, honey, marmalade, sugar, boiled sweets, mints, fruit gums.</p> <p>Reduced fat crisps, reduced fat hummus, breadsticks, plain popcorn, thin-based pizzas.</p>	<p>Butter, lard, suet, dripping, ghee, hard margarines, spreads with greater than 1% 'trans' fat – check label.</p> <p>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>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. Chutney & pickles made without oil.</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>Soft drinks with no added sugar e.g. no added sugar squash, diet or 'light' fizzy drinks. Alcohol. </p>	<p>Soft drinks with added sugar e.g. fruit squash, fizzy drinks.</p>
<p>Key to symbols and notes</p> <p>✓ Wholegrains People with a healthy heart tend to eat more wholegrain foods as part of a healthy lifestyle.</p> <p>♥ Plant sterols/stanols, oats, soya All help to lower cholesterol, however, no other food is more effective at lowering cholesterol than Flora pro-active, based on daily consumption of 2-2.5g plant sterols.</p>	<p>★ Fruit and vegetables – eat a wide variety and at least five portions every day. A portion (80g) of fruit and vegetables is: • 1 cereal bowl of mixed salad • 1 piece of fruit e.g. 1 apple, • 2 pieces of small fruit – e.g. 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)</p>	<p> Oily fish Oily fish are rich in omega 3 fatty acids which are especially good for heart health. If you've had heart problems, aim to eat 2-3 portions of oily fish every week. 1 portion – 140g of fish.</p> <p> 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.</p>	<p> 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) 1 unit is ½ pint beer or lager or 1 small glass of wine (125ml) or 1 measure of spirits (70ml)</p>