

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

FOOD GROUP	BEST CHOICE	OCCASIONALLY (2-3 ITEMS/WEEK)	BEST AVOIDED
<p><b>Bread, other cereals &amp; Potatoes</b>            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.            Wholegrain breakfast cereals. Oats, couscous. Potatoes, sweet potatoes, yam &amp; 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 &amp; fried rice. Sugar coated breakfast cereals. Deep fried chips</p>
<p><b>Fruit &amp; vegetables</b>            Eat plenty: at least five or more portions every day.</p>	<p>Fresh, frozen, fruit &amp; 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><b>Meat, fish &amp; alternatives</b>            Eat a moderate amount (1-2 portions a day)            Vary by choosing low fat meat; 2-3 times a week.            On the other days choose fish or nonmeat alternatives.              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 &amp; seeds is 2 tablespoons.              A portion of cooked beans, peas &amp; lentils is 4 cooked tablespoons.</p>	<p>Lean pork, ham, lamb, beef. Extra lean minced beef. Liver &amp; kidney. Chicken &amp; turkey without skin. Veal, venison, rabbit, game.              All fish - cod, plaice, sole, whiting, canned tuna &amp; shellfish. Oily fish - (fresh &amp; canned) mackerel, sardines, pilchards, salmon, trout, herrings &amp; fresh tuna.            3-4 per week - boiled, scrambled, poached without fat.              All nuts especially almonds, walnuts, linseed (flaxseed), pumpkin, sesame, sunflower seeds. Nut/seed butters.              Baked beans, sweet corn, kidney beans, chick peas, lentils, peas. Rinse if canned in salt/sugar.              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.              Canned fish in oil (drain oil). Fried fish in batter (remove batter). Fish fingers, fish cakes.              Fried eggs &amp; omelettes with minimal cooking fat.              Reduced fat coconut milk.              Vegetarian sausages.</p>	<p>Fatty cuts of meat - belly pork, breast of lamb, duck, goose. Frankfurters, streaky bacon, sausages &amp; sausage rolls, pies, pasties, pork pies. Chicken nuggets &amp; 'Kiev'.              Fish in rich creamy or cheesy sauces. Hollandaise, lobster sauce, seafood cocktail sauce.              Quiche, Scotch eggs.              Coconut, coconut cream. Roasted nuts in oil &amp; salt. Nut and seed butters with hydrogenated oils, palm oil.</p>
<p><b>Milk/dairy foods &amp; alternatives</b>            Aim to have 2-3 portions a day in drinks or in meals/snacks.              A portion is a medium glass of milk (200ml).              A portion is a small pot of yoghurt or light fromage frais (150g).              A portion is a matchbox of medium fat cheese (40g) or . 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 &amp; vitamins).              Low fat natural, fruit &amp; diet yoghurts. Yoghurts and mini-yoghurt drinks with plant stanols/sterols. Soya yoghurts.              Low fat cheese, e.g cottage, curd cheese, quark, ricotta, half-fat Edam, 'extra light' cheese spread.</p>	<p>Reduced fat evaporated milk.              Greek half-fat yoghurt, whole milk yoghurt.              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.              Greek yoghurt, thick &amp; creamy yoghurt.              High fat cheese e.g cream cheese, mascarpone, stilton, cheddar type cheeses. Vegetarian cheddar, gouda, parmesan, full fat cheese spread, fried paneer.</p>
<p><b>Fatty and sugary foods</b>            Try to eat in small amounts daily or as occasional treats.              Use as little oil as possible, measure don't pour!            Spray oil.</p>	<p>Low fat unsaturated fat spreads. Spreads with plant stanols/sterols.              Monounsaturated or polyunsaturated oils - olive, rapeseed, (most vegetable oil is made from rapeseed oil - check label) sunflower, soya, corn.              Virtually fat free fromage frais.            Use lemon juice, vinegar, herbs, yoghurt etc for salad dressings. Thicken sauces and gravy with flour. use low salt stock.              Plain biscuits. Tea cakes, crumpets, malt bread. Fruit salads, sorbet. Sugar free jelly.              Breadsticks, plain popcorn, unsalted nuts and seeds, dried fruit. Thin-based pizzas.</p>	<p>Spreads made from unsaturated oils.            Half-cream, half-fat crème fraiche. Fromage frais.              Low calorie salad creams &amp; mayonnaise.              Home made cakes &amp; puddings using best choice ingredients. Fruit based puddings. Ice cream. Meringue.              Jams, honey, marmalade, sugar, sweeteners, boiled sweets, mints, fruit gums.              Low fat crisps, reduced fat hummus.</p>	<p>Butter, lard, suit, dripping, ghee, hard margarines, spreads with greater than 1% 'trans' fat - check label.              Hydrogenated or partially hydrogenated vegetable oil (a source of 'trans' fats). Oils which have been reheated several times.              Clotted, double, whipping, soured, single cream. Creme fraiche.              Salad creams, mayonnaise. Rich sauces made with cream or roux.              Cakes, pastries, pies, steamed puddings, trifle, doughnuts, cheesecake. Cream, chocolate biscuits, shortbread.              Chocolate, fudge, toffees and Indian sweets.              Crisps, cheese snacks. Bombay mix. Pizzas with too much cheese.</p>
<p><b>Flavourings</b></p>	<p>Pepper, herbs, spices, lemon juice, garlic etc.</p>	<p>Chutney &amp; pickles. Reduced salt soy sauce.</p>	<p>Salt, garlic salt, celery salt. Soy sauce. Oily pickles.</p>
<p><b>Drinks</b>            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>

### Labelling

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

**A little is -**  
 3g of fat  
 1g 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