



## Dietary Advice for Lipid (Cholesterol) Lowering

- **Eat 3 meals per day** - including breakfast!
- **LIMIT All Fats & Oils** - esp. butter, coconut oil & palm oil. Your main source of fat should come from monounsaturated sources, e.g.
  - Olive/ rapeseed/ peanut oil
  - Olive oil based margarines e.g. Olivio, Bertolli, Olive Gold
  - Olives (rinse off the brine)
  - Avocado pear, guacamole
  - Unsalted nuts, crunchy peanut butter (reduced fat type, where available)
  - & those high in omega 3 fats e.g. oily fish (see over)
- **LIMIT Saturated fat** - this has the most negative effect on cholesterol levels. Avoid the following foods where possible:
  - Pastries - sweet or savoury/ pies/ croissants/ biscuits
  - Cream/ crème fraiche/ reduced fat crème fraiche/ full fat milk/ ice cream
  - Butter/ margarine (except for olive oil based or cholesterol lowering types)
  - Fried food/ fatty or processed meats e.g. sausages, burgers, continental, pate, pork pie, poultry skin
  - Chocolate/ toffee/ fudge/ salted nuts/ crisps
  - Sauces or soups containing fat, oil or cream
  - Mayonnaise/ salad cream/ taramasalata, tartar sauce
- **LIMIT Cheese** to 2-3x/week. Choose lower fat types e.g. low fat cottage cheese (1.5% fat), extra light cream cheese (5%), half fat- ricotta (5-6%)/ reduced fat cheese spread (9-10%)/ half fat mozzarella (10%)/ half fat brie (10%)/ reduced fat processed cheese (13-14%), reduced fat hard cheese (15-16%)  
**Portion:** - Hard cheese - 30g (1.5oz) - small matchbox sized piece  
Cheese spread/ cream cheese - 1 teaspoon per slice bread  
Cottage cheese - small pot 112g (3.5oz)
- **LIMIT Red meat** - to 3x/ week - aim for a 'palm of hand' sized portion. Choose lean cuts with the fat cut off. Wild game is a good choice. Take fish (white & oily) more often to replace. Halve the amount of meat in a recipe and substitute the rest with beans, peas, lentils or vegetables.
- **Cooking methods**
  - Avoid adding fat or oil wherever possible. If stir-frying limit the amount of oil to 1 teaspoon per person and use a good quality, non-stick pan.
  - Minced meat - choose lean steak mince & use half your usual amount - brown in its own fat, drain off any liquid, then add the vegetables.
- **High cholesterol foods** - limit as follows:
  - Shellfish (prawns, oysters, mussels, lobster, crab, scallops etc) - 1x/ 2wks
  - Eggs - 3-4 per week (including those used in recipes)
  - Offal (liver, kidney, heart etc) - 1x/ month





- **Omega 3 fats** - the best, most bio-available, source is oily fish e.g. salmon, mackerel, trout, pilchards, sardines, tuna (tinned doesn't count), swordfish, herring (fresh, tinned in spring water/ brine/ tomato sauce or smoked). *Take regularly even if you are already taking a supplement.* Suitable alternatives include the following:-
  - 2 tablespoons ground linseeds (flaxseeds) daily, OR
  - 1 handful walnuts daily
- **Cholesterol lowering products** e.g. Benecol, Flora ProActive, Danacol. These contain a clinically effective ingredient. (There is little benefit in taking these if you are taking ezetimibe (Ezetrol). To obtain the correct dose take on a daily basis:-
  - 1 pot yogurt drink, OR
  - 3 servings of margarine, yogurt, cream cheese style spread or fruit juice daily (see pack for details)
- **Fruit & vegetables** - aim to include 2-3 portions of fruit (portion = tennis ball sized) and at least 3 portions of vegetables (portion = 3 heaped tablespoons) or salad (portion = dessert bowlful) per day.
- **Carbohydrates** - avoid sugar and sugary foods. Limit pure fruit juice to one small glass per day (take with food). Include small amounts of lower glycaemic starchy carbohydrates with each meal e.g. Basmati rice, pasta, sweet potato, grainy breads. Choose wholegrain varieties, where possible.
- **Soluble fibre** - this helps lower cholesterol if eaten regularly. Increase your intake of oatmeal, porridge, no added sugar muesli, pearl barley, pulses (beans, peas, lentils), fruit and vegetables
- **Soya products** - consuming at least 25g of soya protein per day as part of a diet low in saturated fat can help lower your blood cholesterol. Soya products include: - soya milk & yogurt, soya nuts, soya (edamame) beans, soya mince, soya & linseed bread, tofu.
- **Alcohol** - this can increase your triglyceride level if taken in excess. Try to keep within the safe maximum levels, as below:  
Men - 3-4 units on a maximum of 5 days per week  
Women - 2-3 units on a maximum of 5 days per week

*A 750ml bottle of wine (ABV 12-14%) contains 9-10 units*

*A standard (175ml) glass of wine contains 2 units*

*A large (250ml) glass of wine contains 3 units*

*A pint of 5% ABV lager/ beer contains 3 units*

- **Caffeine** - Avoid reheated coffee and consider the antioxidant benefits of green tea. Limit caffeine containing drinks, if strong, to 3 cups daily and substitute the rest with herbal and fruit teas, water (still or sparkling) or sugar free cordials/ diet flavoured water.
- **Physical Activity** - Regular activity, of a moderately intense nature, helps to raise the protective HDL cholesterol and also helps control weight. Aim for at least 30 minutes on at least 5 days per week e.g. brisk walking, cycling, dancing, swimming, aerobics, jogging, rowing machine etc. ***Always check with your doctor before embarking on an exercise programme.***

**If you would like more information or individualized dietary advice, please contact the clinic to make an appointment with our Senior Clinical Nutritionist.**