



Healthy Eating Guide

Advice for those keen to lower their cholesterol

HEART UK – The Cholesterol Charity

providing expert support, education and influence



YOUR AT A GLANCE GUIDE TO HEALTHY EATING

Dietary advice to help lower your cholesterol (and triglycerides*) and help keep your heart healthy



		www heartuk org.uk		
FOOD GROUP	KEY MESSAGES	BEST CHOICE	OCCASIONALLY	BEST AVOIDED
FRUIT AND VEGETABLES	Eat at least 5 or more portions everyday. Choose a wide variety.	Fresh, frozen, dried, canned fruit and vegetables Canned in natural juices and water. Vegetable based soups (without cream).	Canned fruit in syrup (drain the syrup), fruit juice.	Coleslaw, vegetables fried in batter (onion rings etc.), pakoras and samosas.
PASTA OHYDRATES	Eat more 🕏 wholegrains and high fibre versions.	❖ Wholegrain varieties of bread, chapatti without fat, pitta bread, flour tortillas, bagel, pasta, rice, noodles. ❖ Wholegrain breakfast cereals, oats, couscous, pearl barley, bulger wheat, potatoes, sweet potatoes, yam and plantain.	Naan bread, paratha, roast potatoes, oven chips.	Garlic bread, croissants, waffles, puris, pilau, biryani and fried rice. Sugar and chocolate coated breakfast cereals. Deep fried chips, pizza with fatty meat or too much cheese.
POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES		Breadsticks, rye crispbreads, water biscuits, plain rice cakes, fruit teacakes, crumpets, malt bread, English muffins.	Crackers and semi-sweet biscuits (check label for lowest saturated fat content), Homemade cakes and puddings (using best choice ingredients) such as carrot cake, muffins, cereal bars, fruit loaves, fruit based puddings.	Cakes, pasties, pies, steamed and sponge puddings, doughnuts, filled or coated fancy biscuits, shortbread.
		Plain popcorn.	Baked crisps, low fat crisps.	Crisps, cheese snacks, cheese crackers, bombay mix.
EINS	Eat more beans and pulses; 2 portions of fish per week, one of which	Pulses including baked beans, peas, kidney beans, chick peas, lentils. Rinse if canned in salt/sugar. Reduced fat hummus.	Hummus.	
ОТНЕВ РВОТ	is oily. Eat less red and processed meat, and no more than 500g cooked weight a week.	Soya products such as soya mince, soya/ edamame beans, tofu, soya nuts. Quorn pieces, Quorn mince.	Vegetarian dishes, vegetarian sausages and burgers.	
SES, FISH, EGGS, MEAT AND OTHER PROTEINS		All fish and shellfish ^{FH} . Oily fish 🍑 include fresh/canned mackerel, sardines, pilchards, salmon, trout and herrings.	Canned fish in oil (drain oil), fish in batter (remove batter), fish fingers, fish cakes.	Seafood in rich creamy or cheesy sauces such as Hollandaise, lobster, Marie Rose sauce.
in the second se		Eggs boiled, scrambled, poached. 3-4 a week $^{\it FH}$.	Fried eggs and omelettes. 6 .	Quiche, scotch eggs, cheese omelettes.
		• Nuts and nut butters with less than 10% saturated fat, all seeds (flaxseed, sunflower, pumpkin, sesame etc).	Nut and seed bars, reduced fat coconut milk.	Coconut, coconut cream, full fat coconut milk. Salted nuts, nut and seed butter with more than 10% saturated fat.
BEANS, PU		Lean pork, ham, lamb, beef, extra lean mince. Kidney ^{FH} . Chicken and turkey without skin. Veal, rabbit, game, ostrich.	Lean bacon, low fat sausages, low fat burgers, mutton, liver ^{FH} , coated meat, meatballs. Read labels to find lowest saturated fat versions.	Fatty cuts of meat - belly pork, lamb, duck, goose. Sausages, streaky bacon, sausage rolls, pies, pasties, chicken Kiev.
SE COLO MILK	Choose lower fat and lower sugar options.	Skimmed milk, 1% milk, buttermilk, skimmed milk with plant sterols, soya • and oat drinks with added calcium.	Semi-skimmed milk (2%), reduced fat evaporated milk.	Full fat cows, sheeps or goats milk. Evaporated or condensed milk.
DAIRY AND ALTERNATIVES		Low fat, low sugar yogurt or soya alternatives to yogurt. Virtually fat free fromage frais. Yogurts and mini drinks with added plant sterols/stanols .	Fromage Frais.	Full fat, thick and creamy yogurts. Coconut yogurts.
DAIRY ANI		Low fat and reduced fat cheese such as cottage, curd, quark, ricotta, extra light cheese spread.	Modest portions of medium fat cheese e.g reduced fat cheddar, edam, brie, camembert, soft goat's cheese, mozzarella, feta, paneer. Light cheese spread.	High fat cheese e.g. cream cheese, mascarpone, stilton, cheddar, gouda, parmesan, fried paneer. Full fat cheese spread.
OILS AND SPREADS	Choose unsaturated oils and spreads and use in small amounts.	Olive, rapeseed, sunflower, soya, corn and nut oils.		Partially hydrogenated vegetable oil on food labels. Oils that have been reheated several times. Palm, coconut, shea fats and oils.
OILS AND		Spreads made from vegetable oils such as sunflower or olive oil. Spreads with added plant sterols/stanols .		Butter, lard, suet, dripping, ghee, hard cooking fats.
TY FOODS	Eat sugary, salty and fatty foods less often.	Sugar free jelly, sweeteners.	Dark chocolate, boiled sweets, gums, honey, jam, marmalade, sorbet, low fat or non-dairy ice cream.	Milk/white chocolate, fudge, toffee, sugar, treacle, syrup, Indian sweets, meringue, cheesecake, trifle, full fat dairy ice cream.
Y AND FAI		Pepper, herbs, spices, lemon juice, garlic, chutney and pickles made with minimum oil.	Reduced salt soy sauce and stocks.	Salt, garlic salt, celery salt, soy sauce, oily pickles.
SUGARY, SALTY AND FATTY FOODS WHEN THE STATE OF THE STAT		Use lemon juice, vinegar, herbs, yogurt, olive oil for salad dressings. Thicken sauces and gravies with flour or tomato puree. Tomato based sauces and ketchup.	Salad cream and mayonnaise (use light/low calorie versions where possible), half-fat crème fraiche, oat and soya alternatives to cream.	Rich sauces made with butter, cream or full cream milk. Cream: clotted, double, whipping, soured or single. Crème fraiche.
DRINKS	6-8 cups/glasses per day.	Tap, mineral or soda water, tea, coffee with low fat milk, no sugar/syrup. Sugar free/diet squashes and fizzy drinks.	Fruit juice, fruit smoothies. Alcohol 🛨.	Where sugar or syrup is added: squash, fizzy drinks, flavoured waters, energy drinks, hot drinks.
LABELLING	NUTRIENT	LOW	MEDIUM	HIGH
Per 100gms of food	Total Fat	3g or less (1.5g or less)	3g-17.5g (1.5g-8.75g)	17.5g or more (8.75g or more)
(per 100mls of drink)	Saturates	1.5g or less (0.75g or less)	1.5g-5g (0.75g-2.5g)	5g or more (2.5g or more)
	Total Sugars	5g or less (2.5g or less)	5g-22.5g (2.5g-11.25g)	22.5g or more (11.25g or more)

ADULT'S DAILY REFERENCE INTAKE - Total Fat: less than 70g. Saturates: less than 20g. Total sugars: 90g. Salt: less than 6g. This information is intended as a guide only and is not individual advice.

KEY SYMBOLS AND NOTES



People with healthy

wholegrains.

hearts tend to eat more



from clotting. Aim

portion (140g) per

for at least one



fruits.

Salt

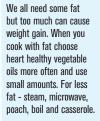






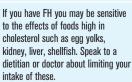
0.3g or less (0.3g or less)







0.3g-1.5g (0.3- 0.75g)





Fruit and vegetables

1.5g or more (0.75g or more)

A portion is: one large (apple, orange, tomato); 2 small (plums, satsumas, beetroot); a handful (grapes, strawberries, sprouts); a heaped tablespoon dried fruit; 150ml, 100% unsweetened fruit juice or smoothie (counts as a maximum of 1 portion a day); 3 tablespoons vegetables/chopped fruit; a small bowl of salad; 3 heaped tablespoons of pulses and beans (counts as a maximum of 1 portion a day).



The Mediterranean diet

A traditional Mediterranean diet helps protect our bodies from heart and circulatory disease and can help manage cholesterol levels too - it's full of healthy fats (olive oil, nuts, seeds, oily

fish), vegetables, fruits, pulses, wholegrains and wholegrain cereal products. It also contains moderate amounts of white meat and low fat dairy foods. Red meat is eaten less often.

Check out how you score on our Mediterranean check list and then decide where you can improve.

TICK THE BOXES THAT APPLY TO YOU	YES	SOMETIMES	NO
Do you have at least 5 portions of fruit and vegetables every day? A portion is roughly a handful.			
Do you have 3 portions of wholegrains each day? (wholemeal bread & pasta, wholegrain breakfast cereals, brown rice, oats, bulger wheat etc.)			
Do you use olive, rapeseed and sunflower oils and spreads made from these as your main spreading and cooking fats and in salad dressings?			
Do you eat unsalted nuts and seeds each day? (as snacks, cereal and dessert toppings, in recipes)			
Do you have at least 2 portions of fish or seafood per week, one of which is oily?			
Do you use onions, leeks, tomatoes and garlic in sauces, stews, casseroles and soups at least twice a week?			
Do you have at least 2 meat free days each week?			
Do you include pulses (beans, peas and lentils) in meals at least twice a week?			
Do you cook most of your meals from basic ingredients?			

If you answered mostly YES - well done, carry on. Where you answered NO or SOMETIMES - these are areas you can change or improve on.

HEART UK – The Cholesterol Charity

HEART UK saves lives by helping people avoid heart attacks and strokes caused by high cholesterol.

We provide expert support, education and influence, by;

- campaigning for proper diagnosis, treatment and care
- helping people manage high cholesterol
- providing education and training for healthcare professionals

ALL OUR MATERIALS ARE AVAILABLE FOR FREE

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