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

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Best Choice</th>
<th>Occasionally (2-3 items/week)</th>
<th>Best avoided!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit &amp; vegetables</td>
<td>fresh, frozen, fruit &amp; vegetables.</td>
<td>Canned fruit in syrup (drain the syrup). Reduced fat coleslaw.</td>
<td>Coleslaw. Vegetables fried in batter (e.g onion rings).</td>
</tr>
<tr>
<td>Dairy &amp; alternative</td>
<td>skinned, semi-skinned milk.</td>
<td>Reduced fat evaporated milk.</td>
<td>Full fat milk. Sheep’s, goat’s milk. Evaporated or condensed milk.</td>
</tr>
<tr>
<td>Fatty and sugary foods</td>
<td>low fat unsaturated fat spreads. Monounsaturated or polyunsaturated oils – olive, rapeseed, (most vegetable oil is made from rapeseed oil – check label) sunflower, soya, corn.</td>
<td>Spreads made from unsaturated oils.</td>
<td>Butter,lard, suit, dripping, ghee, hard margarines, spreads with greater than 1% ‘trans’ fat – check label.</td>
</tr>
<tr>
<td>Flavourings</td>
<td>pepper, herbs, spices, lemon juice, garlic etc.</td>
<td>Chutney &amp; pickles. Reduced salt soy sauce.</td>
<td>Salt, garlic salt, celery salt. Soy sauce. Oily pickles.</td>
</tr>
<tr>
<td>Drinks</td>
<td>tap, mineral, soda water, fruit juice, tea, coffee with low fat milks.</td>
<td>Sugar free squash, diet fizzy drinks. Alcohol</td>
<td>Fruit squash, fizzy drinks.</td>
</tr>
</tbody>
</table>
What is Cholesterol?

Cholesterol is a white waxy substance, vital for good health as it helps form cell membranes, various hormones, bile salts and vitamin D. It only becomes a problem if you have too much of it, as too much increases your risk of heart disease.

There are two main types of cholesterol, low-density lipoprotein cholesterol (LDL) and high density lipoprotein (HDL) cholesterol. The LDL cholesterols though of as the ‘bad’ cholesterol as it is the main carrier of harmful cholesterol to your arteries where it builds up and causes narrowing. The HDL is the ‘good’ cholesterol as it pickles up excess cholesterol and takes it away from the arteries.

So the ideal situation is to have a low LDL and a high HDL.

What are the normal levels of cholesterol?
The average total cholesterol level in the UK is about 5.8mmol/l but in countries where heart disease is rare the levels are much lower. New guidelines recommend a cholesterol level of less than 4.0mmol/l and LDL cholesterol of less than 2.0mmol/l, to reduce the risk of heart disease. Any reduction in an individual’s cholesterol levels through diet and lifestyle measures will have health benefits.

Why is cholesterol important?
A number of risk factors contribute to developing heart disease. However, a raised level of LDL ‘bad’ cholesterol is the greatest single risk factor and contributes to almost half of all deaths from heart disease.

- Cholesterol is also a major risk factor in stroke and has greater health implications in diabetic and obese individuals.
- Approximately two thirds of men and women have blood cholesterol levels of 5.0mmol/l and above.
- Heart disease is the most common cause of premature death in the UK.
- Eight out of ten people in the UK don’t know their cholesterol levels.

Simple ways to lower cholesterol and keep your heart healthy.

- Enjoy a balanced diet with plenty of fruit and vegetables, based on starchy wholegrain foods and low in fat especially saturated fat. Include good heart healthy foods such as oily fish, oats, beans, nuts, soya and plant stanols and sterols.
- Aim for a healthy weight and shape! The more apple-shaped you are, the more at risk you are of heart disease. Try to keep to a waist measurement of less than 80cm (32”) for a woman or 94cm (37”) for a man. Serious health risks are associated with waist measurements above 88cm (35”) and 102cm (40”) for women and men respectively.
- If you need to lose weight follow our ‘heart healthy’ dietary advice but decrease the portion sizes and take more physical activity.

For those with high risk of developing heart disease your doctor may decide that other treatments are also appropriate.

What else can I do to reduce my risk?

- Take regular physical activity – at least 30 minutes on most days of the week. Brisk walking is ideal.
- If you smoke, give up!
- If you have your blood pressure checked regularly.
- If you have diabetes, keep it under good control.
- See your GP if you have a family history of heart disease.
- Reduce your stress levels.

PLANNING FOR CHANGE

Use the questions below to help you think about making the changes you’ve been reading about:

If I change…….

What do I gain?

____________________________________________________
____________________________________________________
____________________________________________________

What do I lose?

____________________________________________________
____________________________________________________
____________________________________________________

If I stay as I am….

____________________________________________________
____________________________________________________
____________________________________________________

While reading this information you may have found things that you feel you could change – why not record them here. Try to make you just one small change at a time.

I will…

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________

Labelling: Ready meals and foods you eat in large amounts, look at the amounts per serving. For snacks, look at the ‘per 100g’ information.

A little is – 3g of fat, 1 g 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.

Key to symptoms and notes

身心健康 ---- 重视整体营养

- Fruit and vegetables – eat a wide variety.
- 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.
- 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).
- Oily fish. Oily fish are rich in omega 3 fatty acids which are especially good for heart health. If you’ve had a heart attack or have heart disease, aim to eat 2-3 portions of oily fish every week. 1 portion = 100g of fish.
- Wholegrains. People with a healthy heart tend to eat more wholegrain foods as part of a healthy lifestyle.
- Oats, soya, plant stanols and sterols, vegetables, beans & nuts. These foods actively lower cholesterol.