

Dietary advice to help lower your cholesterol and keep your heart healthy

Foods	Food Group	Best choice	Occasionally (2-3 items/week)	Best avoided!
Breads, pasta, rice and noodles. Cereals & potatoes	 Bread, other cereals & potatoes Aim to base all meals on a good sized serving from this group. Have bread or bread products as healthy snacks.	✔ 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 & plantain. 🍳	Naan bread. Reduced fat oven chips (with less than 5% fat). Roast potatoes. 🍳	Garlic bread, croissant, waffles. Parathas, puris, samosas, pakoras. Pilau, biryani & fried rice. Sugar coated breakfast cereals. Deep-fried chips.
▼ Vegetables, fruit & salads	 Fruit & vegetables Eat plenty; at least five or more portions everyday. ★	Fresh, frozen, fruit & vegetables. 100% juice, dried fruit. Canned fruit in natural juice. Vegetables canned in water. Homemade vegetable based soups. 🍳	Canned fruit in syrup (drain the syrup). Reduced fat coleslaw.	Coleslaw. Vegetables fried in batter (e.g. onion rings).
Meat & meat products. Poultry & poultry products	 Meat, fish & alternatives Eat a moderate amount (1-2 portions a day).	Lean pork, ham, lamb, beef. Extra lean minced beef. Liver & kidney FH . Chicken & turkey without skin. Veal, venison, rabbit, game. 🍳	Lean bacon, low fat sausages, chicken breast in breadcrumbs, burgers, meatballs. Read the labels, find the lowest fat version. 🍳	Fatty cuts of meat - belly pork, breast of lamb, duck, goose. Frankfurters, streaky bacon, sausages & sausage rolls, pies, pasties, pork pies. Chicken nuggets & 'Kiev'.
Fish	 Vary by choosing low fat meat, 2-3 times a week. On the other days choose fish or non-meat alternatives.	All fish – cod, plaice, sole, whiting, canned tuna and shellfish FH . ➡️ Oily fish – (fresh & canned) mackerel, sardines, pilchards, salmon, trout, herrings & fresh tuna. 🍳	Canned fish in oil (drain oil). Fried fish in batter (remove batter). Fish fingers, fish cakes.	Fish in rich creamy or cheesy sauces. Hollandaise, lobster sauce, seafood cocktail sauce.
Eggs	 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.	3-4 per week FH – boiled, scrambled, poached without fat. 🍳	Fried eggs & omelettes with minimal cooking fat. 🍳	Quiche. Scotch eggs.
▼ Nuts & seeds	 A portion of eggs is 2 eggs. A portion of nuts & seeds is 2 tablespoons.	All nuts especially almonds, walnuts, linseed (flaxseed) pumpkin, sesame, sunflower seeds. Nut/seed butters.	Reduced fat coconut milk.	Coconut, coconut cream. Roasted nuts in oil & salt. Nut and seed butters with hydrogenated oils, palm oil.
▼ Beans, peas & lentils. Soya, tofu & quorn	 A portion of cooked beans, peas & lentils is 4 cooked tablespoons.	Baked beans, sweetcorn, kidney beans, chick peas, lentils, peas. Rinse if canned in salt/sugar. Soya mince, soya beans, tofu. Quorn sausages/burgers etc.	Vegetarian sausages. 🍳	
Milk & milk alternatives. Yogurts & alternatives	 Milk/dairy foods & alternatives Aim to have 2-3 portions a day in drinks or in meals/snacks. A portion is a medium glass of milk (200ml).	Skimmed, semi-skimmed milk. ♥ Semi-skimmed milk with plant sterols. ♥ Soya milk (with added calcium & vitamins). Low fat natural, fruit & diet yogurts. ♥ Yogurts and mini-yogurt drinks with plant stanols/sterols. ♥ Soya yogurts.	Reduced fat evaporated milk. Greek half-fat yogurt, whole milk yogurt.	Full fat milk. Sheep's, goat's milk. Evaporated or condensed milk. Greek yogurt, thick & creamy yogurt.
Cheeses	 A portion is a small pot of yogurt or light fromage frais (150g). 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).	Low fat cheese e.g. Cottage, curd cheese, quark, ricotta, half-fat Edam, 'extra light' cheese spread.	Medium fat cheese e.g. half-fat cheddar, edam, brie, camembert, soft goat's cheese, mozzarella, feta, 'light' cheese spread, paneer.	High fat cheese e.g. cream cheese, mascarpone, stilton, cheddar type cheeses. Vegetarian cheddar, gouda, parmesan, full fat cheese spread, fried paneer.
Fat spreads	 Fatty and sugary foods	Low fat unsaturated fat spreads. ♥ Spreads with plant stanols/sterols.	Spreads made from unsaturated oils.	Butter, lard, suet, dripping, ghee, hard margarines, spreads with greater than 1% 'trans' fats – check label.
Oils	 Try to eat in small amounts daily or as occasional treats. Use as little oil as possible, measure don't pour! Spray oil. 🍳	Monounsaturated or polyunsaturated oils – olive, rapeseed, (most vegetable oil is made from rapeseed oil – check label) sunflower, soya, corn.		Hydrogenated or partially hydrogenated vegetable oil (a source of 'trans' fats). Oils which have been reheated several times.
Cream & cream alternatives. Dressings, sauces, gravies	 Virtually fat free fromage frais.	Use lemon juice, vinegar, herbs, yogurt etc. for salad dressings. Thicken sauces and gravy with flour. Use low salt stock.	Half-cream, half-fat crème fraiche. Fromage frais.	Clotted, double, whipping, soured, single cream. Crème fraiche.
Biscuits, cakes, pastries, desserts	 Plain biscuits. Tea cakes, crumpets, malt bread. Fruit salads, sorbet. Sugar free jelly.		Home made cakes & puddings using best choice ingredients. Fruit based puddings. Ice cream. Meringue.	Cakes, pastries, pies, steamed puddings, trifle, doughnuts, cheesecake. Cream, chocolate biscuits, shortbread.
Sweets, chocolate, preserves	 Jams, honey, marmalade. Sweeteners.		Boiled sweets, mints, fruit gums.	Chocolate, fudge, toffees. Sugar. Indian sweets.
Savoury snacks	 Breadsticks, plain popcorn, unsalted nuts & seeds, dried fruit. Thin-based pizzas.		Low fat crisps, reduced fat hummus.	Crisps, cheese snacks. Bombay mix. Pizzas with too much cheese.
Misc.	 Flavourings	Pepper, herbs, spices, lemon juice, garlic etc. Chutney & pickles made without oil.	Reduced salt soy sauce.	Salt, garlic salt, celery salt. Soy sauce. Oily pickles.
Water, fruit juice, alcohol, squash, fizzy & hot drinks	 Drinks Drink 1.5-2 litres of fluid per day.	Tap, mineral, soda water, fruit juice, tea, coffee with low fat milks.	Sugar free squash, diet fizzy drinks. Alcohol. 🍷	Fruit squash, fizzy drinks.
	 Labelling Ready meals & foods you eat in large amounts look at the amounts per serving. For snacks & 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

Key to symbols and notes

✔ 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
★ Fruit and vegetables – eat a wide variety and at least five portions in total everyday	<i>A portion of fruit and vegetables is:</i> • 1 cereal bowl of mixed salad • 2 pieces of small fruit – eg 2 tangerines • 1 heaped tablespoon dried fruit • 1 medium glass of fruit juice (150 ml) (can only count as one portion each day) • 1 piece of fruit - eg 1 apple • 1 handful of grapes, strawberries • 3 tablespoons vegetables or fresh fruit salad
➡️ Oily fish	Oily fish are rich in omega-3 fatty acids which help your heart beat more regularly and prevent your blood from clotting. 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.
FH	If you know you have FH – Familial Hypercholesterolaemia – you may be sensitive to the effects of foods high in cholesterol. You should limit your intake of these foods and seek individual dietary advice from a registered dietitian.
🍳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.
🍷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)