



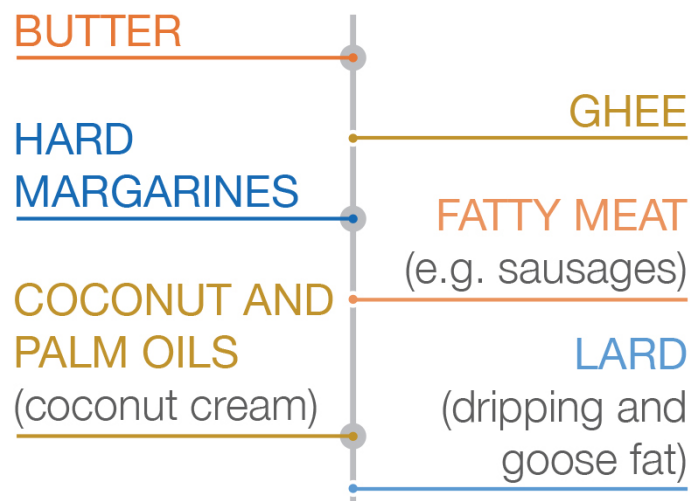
HOW TO REDUCE **CHOLESTEROL** WITH DIET

The Nutrition Unit

FOLLOW THESE TIPS TO HELP LOWER YOUR CHOLESTEROL

There is a lot of misinformation about the effect of diet on cholesterol. It is important to remember that the evidence is based on how diet affects cholesterol levels from a population perspective. However, the effect of different foods on cholesterol may differ at the individual level.

It is important to limit foods which are high in saturated fat. These foods can be enjoyed occasionally and it is not necessary to avoid them completely! Some people are particularly sensitive to the effects of high-saturated fat foods on cholesterol levels, but others less so. Foods high in saturated fat include:



Ways of reducing saturated fats include choosing lower fat items or unsaturated fats instead. To reduce the amount of fat in the diet, choose white meats such as chicken or fish instead of red meat.



Bake or grill rather than fry; or use an air-cooker.

You can also consider replacing half of any meat serving with pulses such as chickpeas or lentils. This will reduce the fat, while still receiving a serving of healthy protein and fibre.



NOTE

Replacing food is important for reducing overall heart disease risk.



For example, replacement of foods high in saturated fat with refined carbohydrate (such as white bread or rice) does not reduce the risk of heart disease.



Replacement with unsaturated fats as described such as lean meats or pulses does lower risk of heart disease.

DON'T WORRY TOO MUCH ABOUT DIETARY CHOLESTEROL

For most people it is not necessary to avoid cholesterol in the diet such as in eggs or certain seafoods. The body responds to consumption of cholesterol by reducing the amount of cholesterol it makes. So if you eat two eggs per day, your body will just make less cholesterol so the overall net effect on your cholesterol level is zero. So you can enjoy foods such as eggs and seafood as part of a healthy diet.



YOU CAN ENJOY DAIRY FOODS STILL

It used to be thought that high-fat dairy also raised cholesterol levels and increased the risk of heart disease.

The evidence is not fully clear, but it is likely that moderate consumption of any full-fat cheese, milk, and yogurt has a neutral effect on cholesterol. Additionally, these foods provide nutrients which are lacking in many people's diets.

DON'T BE SCARED OF FAT!

It is not necessary to consume a low-fat diet. In fact, diets (such as a Mediterranean-style diet) which have a lot of healthy fat (monounsaturated and polyunsaturated) appear to be very beneficial.

SUCH FOODS INCLUDE:



NUTS



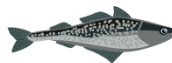
AVOCADO



SEEDS



OLIVE
OIL



SALMON
(or oily fish - sardines)



RAPESEED
OIL



OTHER VEGETABLE OILS
(safflower or sunflower oil)

THE IMPORTANCE OF FIBRE

Foods high in a particular kind of fibre called soluble fibre can help to reduce cholesterol as they prohibit cholesterol from being absorbed by the body.

SUCH FOODS INCLUDE:

- Porridge / Oatbran / Oatcakes
- Oat breakfast cereals
- Bread made with 50% oat flour / oat bran
- Pearl barley
- Adzuki beans, black beans, butter beans, split peas, cannellini beans, chickpeas, edamame beans, kidney beans, mung beans, pinto beans, navy beans, white beans, baked beans, lima beans, black-eyed peas
- Red lentils, green lentils
- Okra, aubergine, turnip, sweet potato
- Citrus fruits, mango

TRY FOODS FORTIFIED WITH PLANT STANOLS OR PLANT STEROLS.

These lower cholesterol by reducing the amount of cholesterol the body can recycle. Such foods include Flora Proactive products and benecol products:

ONE STEROL/STANOL

fortified mini drink (65-100ml bottle)

250ML of sterol/stanol fortified milk

10-12G of sterol/stanol fortified spread
(about 2 teaspoons)

1 STEROL/STANOL fortified yoghurt

The amount of stanols/sterols is important.
HOW TO ACHIEVE YOUR DAILY TARGET:

CHOOSE EITHER:



One sterol/stanol fortified
mini drink (65-100ml bottle)

OR TWO TO THREE OF:



250ml of sterol/stanol
fortified milk



10-12g of sterol/stanol
fortified spreads



1 sterol/stanol
fortified yogurt

NOTE: There is no additional effect
on cholesterol by exceeding the
amount indicated

WEIGHT LOSS

Losing weight will help lower cholesterol. Even as little as 3-4 kg can help. You can reduce your body weight by avoiding snacks, reducing portion size, or following restrictive diets such as low-carbohydrate, low-fat or time restricted feeding.



See a member of our nutrition team
for support to help you lose weight.

SWITCHBOARD: + (965) 2224 2999
HOTLINE: + (965) 1877 877
OR VISIT US AT: www.dasmaninstitute.org