



HEART UK  
THE CHOLESTEROL CHARITY



# 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



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.
POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES	Eat more  wholegrains and high fibre versions.	<p> Wholegrain varieties of bread, chapatti without fat, pitta bread, flour tortillas, pasta, rice, noodles.  Wholegrain breakfast cereals,  oats, couscous, pearl barley, potatoes, sweet potatoes, yam and plantain.</p> <p>Breadsticks, crispbreads, cream crackers and water biscuits, semi sweet biscuits, teacakes, crumpets, malt bread, English muffins.</p> <p>Plain popcorn.</p>	<p>Naan bread, paratha, roast potatoes, oven chips.</p> <p>Homemade cakes and puddings (using best choice ingredients) such as carrot cake, muffins, cereal bars, fruit loaves, fruit based puddings.</p> <p>Baked crisps, low fat crisps.</p>	<p>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.</p> <p>Cakes, pasties, pies, steamed and sponge puddings, doughnuts, filled or coated fancy biscuits, shortbread.</p> <p>Crisps, cheese snacks, cheese crackers, bombay mix.</p>
BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS	Eat more beans and pulses; 2 portions of fish per week, one of which is oily. Eat less red and processed meat.	<p> Pulses including baked beans, peas, kidney beans, chick peas, lentils. Rinse if canned in salt/sugar.</p> <p> Soya products such as soya mince, soya/edename beans, tofu, soya nuts. Quorn pieces, quorn mince.</p> <p>All fish and shellfish<sup>FH</sup>. Oily fish  include fresh/canned mackerel, sardines, pilchards, salmon, trout, herrings and fresh tuna.</p>	<p>Hummus.</p> <p>Vegetarian dishes, vegetarian sausages and burgers.</p> <p>Canned fish in oil (drain oil), fish in batter (remove batter), fish fingers, fish cakes.</p>	<p>Seafood in rich creamy or cheesy sauces such as Hollandaise, lobster, Marie Rose sauce.</p>



**BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS**



**DAIRY AND ALTERNATIVES**



**OILS AND SPREADS**



**SUGARY, SALTY AND FATTY FOODS**

Eggs boiled, scrambled, poached. 3-4 a week<sup>FH</sup>.

♥ Nuts and nut butters with less than 10% saturated fat, all seeds (flaxseed, sunflower, pumpkin, sesame etc).

Lean pork, ham, lamb, beef, extra lean mince. Kidney<sup>FH</sup>. Chicken and turkey without skin. Veal, rabbit, game, ostrich.

Choose lower fat and lower sugar options.

Skimmed milk, 1% milk, buttermilk, skimmed milk with plant sterols, soya ♥ and oat drinks with added calcium.

Low fat, low sugar yogurt or soya alternatives to yogurt. Yogurts and mini drinks with added plant sterols/stanols ♥.

Low fat and reduced fat cheese such as cottage, curd, quark, ricotta, half fat edam, extra light cheese spread.

Virtually fat free fromage frais.

Choose unsaturated oils and spreads and use in small amounts.

Olive, rapeseed, sunflower, soya, corn and nut oils.

Spreads made from vegetable oils such as sunflower or olive oil. Spreads with added plant sterols/stanols ♥.

Eat sugary, salty and fatty foods less often.

Sugar free jelly, sweeteners.

Fried eggs and omelettes ♡.

Nut and seed bars, reduced fat coconut milk.

Lean bacon, low fat sausages, low fat burgers, mutton, liver<sup>FH</sup>, coated meat, meatballs. Read labels to find lowest saturated fat versions.

Semi-skimmed milk (2%), reduced fat evaporated milk.

Half fat yogurt, low fat or non-dairy ice cream.

Modest portions of medium fat cheese e.g half fat cheddar, edam, brie, camembert, soft goat's cheese, mozzarella, feta, light cheese spread, paneer.

Half cream, half-fat crème fraiche, fromage frais, oat and soya cream.

Partially hydrogenated vegetable oil on food labels. Oils that have been reheated several times. Palm and coconut oils.

Butter, lard, suet, dripping, ghee, hard cooking fats.

Dark chocolate, boiled sweets, gums, honey, jam, marmalade, sorbet.

Quiche, scotch eggs, cheese omelette.

Coconut, coconut cream, full fat coconut milk. Salted nuts, nut and seed butter with more than 10% saturated fat.

Fatty cuts of meat - belly pork, lamb, duck, goose. Sausages, streaky bacon, sausage rolls, pies, pasties, chicken Kiev.

Full fat cows, sheeps or goats milk. Evaporated or condensed milk.

Full fat, thick and creamy yogurts, full fat dairy ice cream.

High fat cheese e.g. cream cheese, mascapone, stilton, cheddar, gouda, parmesan, full fat cheese spread, fried paneer.

Cream: clotted, double, whipping, soured or single. Crème fraiche.

Milk/white chocolate, fudge, toffee, sugar, treacle, syrup, Indian sweets, meringue, cheesecake, trifle.









**SUGARY, SALTY AND FATTY FOODS**



**DRINKS**

LABELLING	NUTRIENT	LOW	MEDIUM	HIGH
Per 100gms of food (per 100mls of drink)	Total Fat	3g or less (1.5g or less)	3g-17.5g (1.5g-8.75g)	17.5g or more (8.75g or more)
	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)
	Salt	0.3g or less (0.3g or less)	0.3g-1.5g (0.3- 0.75g)	1.5g or more (0.75g or more)

## KEY SYMBOLS AND NOTES

 Wholegrains	 Oily fish	 Cholesterol lowering foods	 Alcohol	 Cooking with fat	<b>FH</b> Familial Hypercholesterolaemia (FH)	 Fruit and vegetables
Packed with the goodness from the whole grain they are higher in fibre, vitamin and minerals than their refined equivalents. People with healthy hearts tend to eat more wholegrains.	Rich in omega 3 fats which help your heart beat more regularly and prevent your blood from clotting. Aim for at least one portion (140g) per week.	Foods fortified with plant sterols and stanols, nuts, oats and soluble fibre from pulses, vegetables and fruits.	Keep to sensible limits. For men and women no more than 14 units per week, avoid binge drinking, have alcohol free days each week. Women who are planning a pregnancy, pregnant or breastfeeding should not drink any alcohol.	We all need some fat but too much can cause weight gain. When you cook with fat choose heart healthy vegetable oils more often and use small amounts. For less fat - steam, microwave, poach, boil and casserole.	If you have FH you may be sensitive to the effects of foods high in cholesterol such as egg yolks, kidney, liver, shellfish. Speak to a dietitian or doctor about limiting your intake of these.	A portion is: one large (apple, orange, tomato); 2 small (plums, satsumas, beetroot); a handful (grapes, strawberries, sprouts); a heaped tablespoon dried fruit; a small fruit smoothie (75ml of fruit juice plus 40g pulped fruit); 150ml fruit juice; 3 tablespoons vegetables/ chopped fruit; a small bowl of salad.

\*Triglycerides are a type of fat. The amount of triglyceride in the blood rises after a meal and then slowly decreases. If your triglyceride levels remain high after a meal you may be asked to reduce the amount of sugar, alcohol or fat in your diet.



## 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, vegetables and pulses 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, pearl barley 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 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.

### What do we do?

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

### Where can I find out more?

Lifestyle advice & recipes: [www.heartuk.org.uk](http://www.heartuk.org.uk)  
Helpline: **0345 450 5988** / [ask@heartuk.org.uk](mailto:ask@heartuk.org.uk)  
Literature and general enquiries: **01628 777046**

### Please support us – it's easy to donate

Send a cheque payable to **HEART UK** to  
**HEART UK, 7 North Road, Maidenhead, SL6 1PE**

Visit: [www.heartuk.org.uk/donate](http://www.heartuk.org.uk/donate)

Ring: **01628 777046**

Text: **HART20** and the amount - **£5 or £10** to **70070**

Email: [fundraising@heartuk.org.uk](mailto:fundraising@heartuk.org.uk)

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugar	Salt
100kcal	3.0g	1.3g	3.4g	0.8g
250kcal	LOW	LOW	LOW	MEAN
13%	4%	7%	39%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kcal/161kcal

Choose foods lower in fat, salt and sugars

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of fruit and vegetables every day



Eat more beans and pulses, fish, eggs, meat and other proteins. Sourced fish per week, 2 portions of sustainably red and processed meat.



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Dairy and alternatives. Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS