

# Queen Mary's Hospital: Department of Nutrition & Dietetics

## LIPID LOWERING DIETARY ADVICE

The following guidelines will help to lower your blood lipids (fats) – such as cholesterol and triglycerides which are a risk factor for heart disease.

### **ACHIEVE A DESIRABLE BODY WEIGHT**

The following guidelines will also help you to lose any excess weight.

### **REDUCE TOTAL FAT INTAKE**

Choose lean meat and fish 75-100g (3-4oz) portions – cooked weight.

**EAT LESS** These foods should be avoided as much as possible:

‘burgers, sausages, pastries, pies, fatty meat, chips, roasts, crisps, nuts, cakes, biscuits, chocolates, sweets, ice-cream, cream, puddings, salad cream, mayonnaise, oily dressings, (e.g. vinaigrette), coleslaw, butter.

**USE** Skimmed/semi skimmed milk, reduced fat spreads e.g. Olive Gold, Olivio, Flora Light, Vitalite, low fat cheese – cottage cheese, low fat Cheddar, Edam no more than 100g (4oz/week), low fat/diet yoghurt.

**COOKING SENSIBLY** Grill, bake, steam, casserole, dry roast, microwave. Avoid adding fats and oils. If you do use an oil, use sparingly, using a pure unsaturated oil, e.g. olive oil, soya, corn, sunflower, rapeseed.

**EAT MORE** Oily fish such as salmon, tuna, sardines, pilchards, mackerel, herring and kippers. These contain a special oil known as Omega 3, which are thought to help prevent blood clots and lower cholesterol.

**EAT MORE** Choose wholemeal/wholegrain breads and cereals. Have 5 portions of fruit and vegetables daily

**FIBRE** as well as fibre – they contain special ‘antioxidant’ vitamins which protect against heart disease. Eat more soluble fibre – found in oat cereals (e.g. porridge, oat bran), fruit and beans and pulses, e.g. baked beans, kidney beans, lentils, split peas, butter beans. *These foods help to lower cholesterol.*

**EAT LESS** Cut down on sugar, honey, syrup, jams and preserves, sugary-coated cereals, puddings, fruit

**SUGARY** tinned in syrup, cakes, biscuits, sweets, chocolates, fizzy drinks and cordials. You will find far

**FOODS** more many convenience foods (there are now low fat/low sugar options.

**USE LESS** Excess salt can create a problem with high blood pressure. Use only small amounts in cooking.

**SALT** in cooking. Use herbs and spices instead.

### **TAKE CARE WITH YOUR ALCOHOL INTAKE**

**Men 28 units per week** No more than 2-3 units of alcohol daily.

**Women 21 units per week** Should have no more than 1-2 units of alcohol daily.

Have alcohol free days. Remember alcohol is fattening so if you are trying to decrease your weight you may need to keep it to only 1-2 units per week.

1 unit = ½ glass of beer/lager, 1 glass of wine, 1 small sherry, 1 pub measure of spirits.

**This diet sheet has been designed to improve your health. If you have any further problems please ask your GP or Consultant to refer you to the Dietitian.**