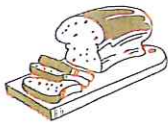


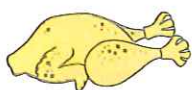








	Best Choice	Good Choice	Occasional	Avoid Eating
	Contain least fat, salt, sugar	Contain a little fat, salt, sugar	Contain more fat, salt, sugar	Contain too much fat, salt, sugar
Cereal food 	Fibre rich starchy foods such as wholemeal bread, wholegrain breakfast cereals, brown rice and pasta, porridge oats, crispbreads.	Other plain breads, white rice and pasta. Teacakes and pancakes.	Sugar coated cereals, plain semi-sweet biscuits.	Sweet, cream-filled cheese biscuits, croissants and brioche, pastries eg danish.
Fruit and vegetables 	Plenty of fruit, vegetables, potatoes, pulses, salads – raw, baked, boiled, steamed. Include all fresh, frozen, dried, canned.	Olives, avocado. Oven chips (cooked in suitable oil). Stir fry vegetables. Fruit stewed with minimal sugar.	Fruit in syrup, crystallised fruit. Vegetables (including chips & roast potatoes) fried in suitable oil (see Fats).	Vegetables with butter or other fat added, fried in saturated fat (including chips & roast potatoes). Coleslaw or other salad in unspecified dressing. Crisps & savoury snacks.
Fish 	All varieties of fish, particularly oily fish. When buying tinned, choose fish in brine and when in oil, drain off excess.	Fish fried in suitable oil. Shellfish eg prawn, lobster, shrimp, crab. Fish tinned in oil, drained.	Any fish battered or breadcrumbed if fried in unsaturated fat.	White bait, fish roe eg taramasalata, fried fish or fish products in saturated fat, fish paste.
Meat / poultry alternatives 	Chicken and turkey with skin removed, veal, rabbit, game. Quorn or tofu. Soya protein meat substitute. Dhaal cooked without fat.	Small portions of very lean trimmed beef, lamb and pork. Ham and gammon (very lean).	Lean mince, low-fat burgers. Liver, kidney, tripe, duck (without skin), low-fat pate, lean bacon (grilled not fried). Nuts.	Fatty meats, meat pies, hamburgers, sausages, sausage rolls, salami, pates and meat pastes, pork pies, scotch eggs. Coconut.
Eggs & dairy 	Skimmed milk, low fat varieties of cottage cheese, fromage frais. Very low fat yogurt. Egg whites.	Semi-skimmed milk, soya milk, reduced fat cheese or cheese alternatives made from sunflower oil. Low fat yogurt or fromage frais. Frozen low fat yogurt.	Milks: skimmed condensed, evaporated, goats, sheep, full-fat/medium-fat. Cheeses: eg Edam, Camembert, Gouda, Brie, cheese spreads. Eggs: boiled, poached with no added fat.	Milk: condensed, whole, dried with added vegetable fat, cream, crème fraiche, greek yoghurt. Cheeses: cream, stilton, cheddar. Eggs: fried, scrambled, omelette.
Fats 	Small amounts only – see next column.	Vegetable fat spreads or low fat spreads labelled 'high in polyunsaturates', fats and oils of named origin such as sunflower, olive oil. All used in small amounts.		Butter, hard margarines, vegetable oils from an unspecified source and hard vegetable fats, dripping, lard, suet, palm oil, coconut cream, ghee.
Prepared foods 	Pasta with tomato/fat free sauce, kedgerree, potato crust pies with fish, vegetable, poultry filling. Fat-free homemade soups, consommé, clear broth.	Low fat recipe meals. Potato crust pies with lean meat filling. Home-made soups made with vegetables, lean meat, chicken or pulses.	Pasta in cream sauce. Packet soups.	Dim sum (fried), pastry dishes, quiche, samosa. Suet dumplings and puddings. Cream soups.
Sweets, preserves, jams & spreads 	Jelly (low sugar), fruit sorbet, fruit puree, whips and puddings made with skimmed milk. Sugar free artificial sweeteners, reduced sugar jam and marmalade.	Jam, marmalade, honey. Chutneys and pickles.	Marmite and Bovril. Chutneys and pickles (if no salt restriction). Fruit crumble, fruit flan, milk puddings like custard, rice, sago etc, tray bakes or cakes using suitable ingredients.	Cakes, pastry, puddings and biscuits made with saturated fats. Chocolate spreads, chocolates, toffees, fudge, butterscotch, carob chocolate, coconut bars.
Drinks 	Plenty of water and/or low calorie soft drinks, tea with low fat milk, or without milk, unsweetened fruit juice, mineral water.	In moderation, coffee with skimmed/semi-skimmed milk. Low calorie chocolate, malted drinks.	Sweetened drinks, malted milk or hot chocolate drinks made with skimmed milks.	Whole milk drinks, cream based liqueur's/drinks, coffee with coffee whiteners.
Sauces & dressings 	Herbs, spices, lemon juice, garlic, pepper, vinegar.	Low fat mayonnaise, salad cream or vinaigrette using suitable oils. (See Fats)	Other 'low-fat' or 'low-calorie' mayonnaise and dressings.	Bought salad dressings made with unspecified oils, mayonnaise, creamy dressings.

ADVICE FOR CHOLESTEROL LOWERING

There are a number of factors which can affect your risk of developing heart disease. Some of these cannot be changed, but most can be minimised by taking steps towards a healthier lifestyle and diet.

Risk factors that cannot be changed

- Family history** A history of heart disease in the close family increases your risk of developing it at some point in your life.
Gender Men are at greater risk than women until about age 45 (the menopause). The risk for post-menopausal women is the same as for men.
Age The risk of heart disease increases with age.

Risk factors that can be controlled - tick any that affect you

- Raised blood cholesterol levels Lack of physical activity
Cigarette smoking Stress
Raised blood pressure/'Hypertension' Diabetes
Overweight How many of the above risk factors do you have?
Insert risk factor total

The more risk factors you have, the greater your risk of developing coronary heart disease. To reduce the risk try to maintain a healthy body weight, develop healthy eating habits, take regular physical activity, limit alcohol intake, avoid smoking and learn to relax.
Speak to your doctor or practice nurse for advice if you are concerned, they may be able to give you further information..

Your cholesterol lowering food choice plan

Everyone has cholesterol, triglycerides and other fatty substances in their blood. If the levels rise above normal, a healthier diet may help to reduce the levels.

CHOLESTEROL AND TRIGLYCERIDES are the 2 major fats in the blood. They have essential functions in the body and while a certain level is needed, excessive amounts can increase the risk of coronary heart disease. Some cholesterol comes from our diet but the majority is made in the body by the liver.

- Too much saturated fat and excessive amounts of sugary foods and alcohol raise TRIGLYCERIDES.
- The amount and type of fat we eat, rather than the cholesterol in food, influences BLOOD CHOLESTEROL.

There are two types of cholesterol that you need to be aware of: good cholesterol and bad cholesterol.

LDL-cholesterol: This cholesterol furs up the arteries and is often referred to as 'bad cholesterol'.

HDL-cholesterol: This cholesterol helps to remove the build up of fatty substances in the arteries and so appears to have a protective effect. It is often referred to as 'good cholesterol'.

The aim is to reduce the bad LDL-cholesterol and maintain or increase good HDL-cholesterol.

The foods we eat contain different types of fats. The packaging on most food labels list the amount and type of fat that is in the product.

Saturated fats/trans fats raise blood cholesterol levels. They are contained in full-fat dairy products, fatty meat/meat products and lard. Look for spreads free from trans fats eg. Flora.

Polyunsaturated fats help to lower blood cholesterol. They also contain essential fatty acids that cannot be manufactured by the body and must be included in the diet. They are present in vegetable oils, nuts, seeds and oily fish.

Monounsaturated fats do not increase blood cholesterol levels and some experts believe they may help to decrease cholesterol. They are found in virtually all fats but in particular in high proportions of olive and rapeseed oil and avocado pears.

Other dietary factors to consider

Fruit and vegetables: Aim for at least 5 portions a day. A good variety of fruit and vegetables will also increase your intake of antioxidants, which minimises the damaging effects of cholesterol.

Oily fish: Increase your intake of oily fish e.g. sardines, mackerel, pilchards, tuna and herrings. Try and eat 1-2 portions a week.

Soluble fibre: Found in fruits, (grapefruit, apples), oats and pulses (beans, lentils and peas). Eat plenty of all of these.

Salt: Limit your salt intake. Add extra flavour with fresh herbs, ginger and all members of the onion family, garlic, shallots, leeks and chives. Avoid excess processed foods.

Alcohol: Keep alcohol consumption within sensible limits. All forms of alcohol are high in calories and should be restricted especially if you are overweight. In addition, alcohol may raise blood triglycerides.

Meal plan: It isn't always what you eat but what quantity you eat. Base each meal on a starchy carbohydrate food e.g. potatoes, rice, pasta, chapatti. Include a small portion of protein food e.g. chicken, turkey, fish, lean meat, cheese, pulses and add a large portion of vegetables/salad.



The Flora Project

RE-ORDER FROM THE FLORA PROJECT P.O. BOX 1392, SUDBURY CO10 6FS.