

## What should I use in cooking?

It is advisable to use cooking methods without adding extra fat.

Try baking, grilling and poaching. A small quantity, e.g. teaspoon of oil, can be used for stirfrys. Suitable oils are rape seed, olive and sunflower.

**Measure oil rather than pour - you will use less, or try using spray oil.**



## Should I reduce the salt in my diet?

Yes. Too much salt in your diet may effect your blood pressure. Try to cut down or cut out salt at the table and use less in cooking. Always taste food before adding salt. Be aware that many snack foods and processed foods may be high in salt.

**Try using herbs, spices or pepper to season food, instead of salt.**

## Can I have a take-away meal?

Most take-aways, e.g. fish and chips, pizza, Chinese, curry, are very high in fat. Try to only have occasionally.

**If having take-aways - choose vegetable chowmein, boiled rice, tandoori chicken and chapatti bread. Have a portion of pizza with salad; also, a jacket potato is a healthy option.**

## What should I spread on my bread?



Choose a spread low in saturated fat, e.g. olive oil spread, sunflower spread, etc, but whatever you use...use less.

Spread your toast when cool. Some sandwiches don't need to have a spread if a moist filling is used, e.g.

**mustard with ham  
tomato with tuna  
pickle with beef  
low fat cheese spread  
banana**

## Are the reported cholesterol lowering spreads, e.g. benecol/pro-active, better?

These spreads contain plant sterols/stanols, which have been shown to reduce cholesterol. They are relatively expensive and the long term effects of using these spreads remain unknown.

**To be effective these spreads must be used as directed on the packaging.**

# Cholesterol your questions answered



**Cholesterol is a naturally occurring fatty substance, which everyone has in their blood. When levels get too high it can cause narrowing of the arteries leading to heart disease.**

**Making some changes to the food that you eat can help lower your cholesterol to normal levels.**

## What should I know about Fruit and Vegetables?

It is recommended that we eat at least 5 portions of fruit and vegetables every day.

Fruit and vegetables are thought to offer important protection against heart disease and cancer.



## What is a portion?

A medium apple, orange, banana, pear

A small glass of pure, unsweetened fruit juice

Two small apricots, plums, satsumas

One tablespoon of dried fruit

A cup/handful of berries

A large slice of melon or pineapple

Two tablespoons of vegetables - raw, cooked or frozen

One dessert bowl of salad

For salad dressings use lemon juice, garlic, herbs, flavoured vinegar or low fat yoghurt and chopped chives.



## How often should I eat fish?



All fish can be included in the weekly diet in moderate portions. Oily fish e.g. salmon, herring, mackerel, sardines, trout and pilchards should be included 2 - 3 times per week.

These fish are high in omega 3 oils and offer protection against heart disease.

Drain off all liquid. Choose fish canned in tomato sauce, spring water or brine.

## Which breakfast cereal is best?



Take with semi-skimmed or skimmed milk.

Choose high fibre, low sugar cereal e.g. porridge, Shreddies, Branflakes, Weetabix. Porridge is high in soluble fibre, which has been shown to lower cholesterol.

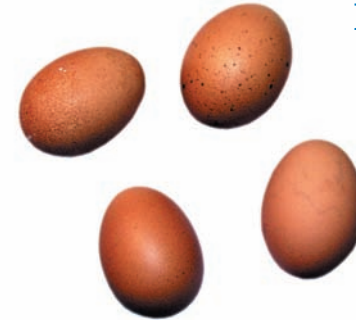


## What other foods contain soluble fibre?

Baked beans, kidney beans, lentils and fruit are also good sources of soluble fibre.

Add to soup, stews or casseroles

## How many eggs should I eat each week?



3 - 4 per week is fine.

Why not boil, poach or scramble eggs in a microwave. Although eggs do contain cholesterol it is much more important to limit foods high in saturated fat.

