



FOODS TO REDUCE CHOLESTEROL

FOODS TO AVOID

- Foods containing saturated fats:
 - Fatty cuts of meat and meat products, e.g. sausages and meat pies
 - Butter and lard
 - Cream, soured cream, full fat crème fraîche and ice cream
 - Cheese, particularly hard cheese
 - Biscuits and cakes
 - Pastry
 - Milk chocolate
 - Coconut oil, coconut cream and palm oil
- Foods containing trans fats (listed as hydrogenated oils or hydrogenated fats):
 - Biscuits and cakes
 - Fast food
 - Pastries
 - Some margarines and spreads.

FOODS TO EAT

- Oily fish – such as mackerel, salmon and tuna
- Avocados
- Nuts and seeds
- Sunflower, rapeseed and olive oil
- Porridge
- Oatbran
- Oat breakfast cereals
- Foods high in fibre, such as wholegrain rice, bread and pasta
- Fruit and vegetables
- Baked beans
- Mixed beans
- Chickpeas
- Soya milk or soya yoghurt

No need to buy special cholesterol reducing products.

Plus **150 minutes** of moderate intensity physical activity per week e.g. walking, swimming, cycling, gardening.