

CHOLESTEROL AND TRIGLYCERIDES LOWERING DIET *

FOOD	UNRESTRICTED	IN MODERATION	AVOID
Cereal Products	Wholemeal bread, whole grain cereals, oatmeal, oatbran, porridge, muesli, oats, sweetcorn, pasta, crispbreads, matzos, muffins.	White bread, sugary breakfast cereals, water biscuits.	Fancy breads, e.g. croissants, brioche, savoury cheese biscuits.
Eggs & Dairy Foods	Skimmed milk, low-fat cheeses, e.g. cottage cheese, fromage frais "0% fat", quark (skimmed milk soft cheese). Very low-fat yoghurt. Egg white. Egg substitute.	Semi-skimmed milk. Feta and ricotta cheese, "polyunsaturated cheese". Parmesan in small quantities, half-fat cheeses (fat content 20%), Edam, occasional Camembert, Brie. Up to two whole eggs a week. Low-fat yoghurt.	Full cream milk, evaporated milk, cream, imitation cream, regular fat cheeses, cream cheeses. Full-fat yoghurt. Gouda cheese.
Soups	Clear soup, home-made vegetable soup, broth.	Bouillabaisse.	Thickened soups, canned soups, cream soups.
Fish	All white fish e.g. cod, haddock, plaice. Oily fish, e.g. herring, mackerel, sardines, tuna, salmon (grilled, baked, poached, or fried in suitable oil). Oysters, scallops.		Fish roe. Fish fried in hard fats.
Meats	Chicken, turkey (without skin), veal, rabbit, game, spring lamb. Trim off visible fat. Grill, rack-roast, microwave, fry in a little oil as specified, or casserole.	Lean beef, bacon (grilled), ham, pork and lamb (trim away fat). Mince prepared from very lean meat. Liver.	Fatty meats. Visible fat on meat (including crackling). Breast of lamb, belly pork, streaky bacon, sausages, salami, paté, luncheon meat. Pies, meat pasties. Duck, goose. Skin on poultry. Most offal and mince.
Fruit & Vegetables	All fresh and frozen vegetables. Peas, beans, sweetcorn. Dried beans of all kinds e.g. haricot, red kidney, butter beans, soya beans, pinto beans, lentils, chickpeas are particularly high in "soluble fibre". Rice, millet, couscous. Crudités. Jacket or boiled potatoes - eat skins wherever possible. Houmous, tahini, tofu. Fresh fruit, unsweetened tinned fruit, dried fruit, raisins, dates.	Chips and roast potatoes cooked in suitable oil.	Chips or roast potatoes cooked in solid fat. Oven chips. Potato crisps.

FOOD	UNRESTRICTED	IN MODERATION	AVOID
Fats	Fat replacements, e.g. "Simplese"	Oils and margarine labelled "high in polyunsaturates": sunflower oil, corn oil, safflower oil, walnut oil. Olive oil, olive oil and margarine. Low-fat spreads (20% fat or less).	Butter, dripping, lard, suet, palm oil, coconut oil, margarines not high in polyunsaturates, cooking or vegetable oil of unknown origin. Hydrogenated fats and oils.
Spices & Dressings	Herbs, spices, mustard, pepper, vinegar, tomato paste. Low-fat dressings e.g. lemon or very low-fat yoghurt. Low-calorie salad cream. Clear pickles.	Meat and fish paste. Bottled sauces, French dressing, ordinary salad cream, mayonnaise or soy sauce.	Cream or cream cheese dressing.
Desserts	Low-fat puddings, sorbet, skimmed milk puddings, gelatin-based desserts, meringues, low-fat frozen yoghurt.	Cakes, pastry, puddings, biscuits and sauces made with suitable margarine or oil, and egg white.	Commercially made cakes and pastry, puddings and biscuits made with saturated fats. Suet dumplings and puddings. Butter and cream sauces. All proprietary puddings and sauces. Deep-fried snacks. Ice cream.
Sweets, Confectionery & Spreads	Sugar-free sweeteners, e.g. saccharin tablets or liquid, aspartame sweetener. Jelly sweets, boiled sweets, Turkish delight, nougat. Jam, marmalade, honey.	Marzipan, halve, lemon curd. Pastilles, peppermints.	Mincemeat containing suet. Chocolate spread, candy bars, toffee, fudge, butterscotch, chocolate, coconut bars.
Nuts	Walnuts, almonds, chestnuts, pecans, pine nuts, sunflower seeds.	Brazil nuts, pistachios, peanuts.	Coconut, cashews.
Beverages	Tea, coffee with low-fat milk, mineral water, slim-line or sugar-free soft drinks, unsweetened fruit juice. Low-alcohol beer.	Low-fat malted drinks or low-fat drinking chocolate (occasionally). Packet soups, meat soups.	Irish coffee. Full-fat malted drinks, drinking chocolate. Non-dairy coffee whitener.

For high triglycerides:

- Avoid sugary and refined carbohydrates, including sugar, honey, and other sweeteners, soda and other sugary drinks, candy, baked goods, and anything made with white (refined or enriched) flour, including white bread, rolls, cereals, buns, pastries, regular pasta and white rice. You'll also want to limit dried fruit and fruit juice since they're dense in simple sugar. All of these poor-quality carbs can spike triglyceride levels.
- Cut way back on alcohol. If you have high triglycerides, alcohol should be considered a rare treat — if you indulge at all, since even small amounts of alcohol can dramatically increase triglyceride levels.
- Eat lots of fatty fish, like salmon and sardines, as often as possible. They're loaded with omega-3 fats which are incredibly effective at reducing triglycerides. In fact, omega-3 fats are so effective at lowering triglycerides that people with particularly high numbers should speak with their physician about fish oil supplements.
- **Not designed for weight reduction .**

For high HDL

In-order for you to bring you HDL up you need eat:

- Walnuts, almonds, peanuts, pistachios, pecans, peanuts, and hazelnuts are all good sources of heart-healthy fats and are great to add to your diet to increase your intake. Add nuts to cereal, yogurt, salad, stir fries, pasta dishes or rice. You can eat them raw, baked or lightly toasted, too.
- Fatty fish like salmon, mackerel, albacore tuna, and halibut are highest in omega -3 fatty acids, a specific type of unsaturated fat shown to be most beneficial for heart health and reduce the risk of death by heart attack. It is recommended to eat at least 2 servings of fish per week. If you don't eat seafood, you could try fish oil supplements; like Omega 3 fish oil tablets Lyc-O- Mato (Lyocpene).
- Olive oil is high in unsaturated fats and can help you elevate your HDL. Replace butter and fried foods with foods cooked lightly in a heart-healthy olive oil, and switch to oil-based vinaigrette for your salads. Oil is healthy, but it's high in fat and calories, so remember to practice moderation and keep your portions in check!

- Although many dieters shy away from avocado because of its high fat content, it's perfectly good because of its heart-healthy fats. Mash avocado to use as a spread on your sandwich or wrap, dice it into your salad, add it to omelets or whip up some homemade guacamole to enjoy with veggies or whole grain crackers.
- Fiber bran, barley, dried peas and beans, and certain fruits like prunes and apples. A couple servings a day of these heart-healthy foods can have a positive effect on your HDL
- Along with these HDL-boosting foods, don't forget the daily exercise! Regular exercise signals your body to produce more HDL, making physical activity one of the most important factors to raising your HDL. Start with just 5-10 minutes a few days a week, but gradually increase until you're active for at least 30 minutes 5 days per week. Your heart will thank you.