



DIETARY ADVICE TO LOWER YOUR CHOLESTEROL

High levels of LDL cholesterol, sometimes referred to as bad cholesterol, contribute to the hardening of your arteries and leads to heart disease. Your Doctor may prescribe statins but will also suggest some lifestyle changes. The guidance in “How to Improve your Diet” is good but pay particular attention to the following:

✓ Reduce saturated fats

These are found in red meat and fatty processed meat like sausages and bacon. Full fat dairy products; butter, cream, cheese, yoghurt and full fat milk are also all high in saturated fat.

Solid fats like ghee, lard and margarine but also coconut oil and palm oil are all very high in saturated fats.

✓ Eat more unsaturated fats and omega-3 fatty acids

- + Oils from vegetables, nuts and seeds. Sunflower, rapeseed, olive, peanut, walnut corn oils.
- + Nuts and seeds
- + Avocado
- + Oily fish. Salmon, mackerel, herring, trout, sardines, anchovies.

✓ Stop eating trans fats

Trans fats are created when oils are processed, they increase LDL (bad) cholesterol and lower levels of HDL (good) cholesterol. They are a key feature of ultra processed foods UPFs. Look out for “partially hydrogenated fat” on the labels of cakes, biscuits, crackers, ready meals.

About a third of your energy should come from fats, most of that from unsaturated fats and none of it from trans fats.

✓ Increase soluble fibre

- + Oatmeal
- + Beans
- + Vegetables
- + Fruit (whole fruit not juice)

✓ Quit smoking

✓ Lose weight if you need to, following the general guidance above

✓ Drink alcohol moderately if at all

✓ Exercise

- + More than you do now
- + Make it fun
- + Create sustainable habits
- + Do it with friends if you can

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