

Cholesterol Lowering Eating Plan



So you have high cholesterol, now what?

Most people would immediately start cutting down on foods that have a high cholesterol content, but restricting cholesterol intake alone is not enough to lower blood cholesterol levels. A truly effective cholesterol lowering diet is one where TOTAL FAT is restricted, has the right BALANCE OF THE 3 DIFFERENT TYPES OF FAT namely: saturated, poly-unsaturated and mono-unsaturated fat, is high in SOLUBLE FIBRE, and also includes adequate amounts of certain VITAMINS.

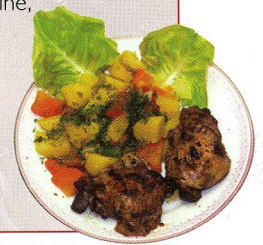
To reduce total fat intake:

- Use foods that have a low fat content where possible – not more than 30% of the total kilojoules coming from fat (to calculate this, multiply the grams of fat by 38 and divide by the total kilojoules. Multiply by 100 to get to %)
- Limit the use of concentrated fats such as oil and margarine – try not to fry food, rather grill, bake, steam, poach, microwave or boil

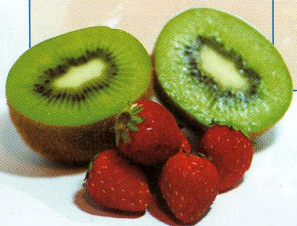


Saturated fat increases blood cholesterol levels to a far greater extent than the actual cholesterol content of foods. It is therefore recommended that less than one third of your total daily fat intake should be saturated fat, more or less one third poly-unsaturated fat and the rest mono-unsaturated fat. The easiest way of doing this is to include food from the saturated fat group at only ONE of the daily meals ie. EITHER breakfast OR lunch OR supper (see example).

	Saturated fat	Poly-unsaturated	Mono-unsaturated
Animal origin	Red meat, pork, bacon, processed meat, organ meat, poultry, full cream & low fat milk and yoghurt, cream, cheese, butter, hard margarine, lard, suet, eggs	Fish & fish oils	
Plant origin	Coconut, coconut oil, palm kernel oil	Seeds eg. sunflower & sesame seeds, vegetable oils eg. sunflower oil, safflower oil, cottonseed oil, soya bean oil, maize oil	Avocado, olives, olive oil, canola oil, nuts, peanuts
Other	Hardened or hydrogenated vegetable oils eg. vegetable fat, hardened or hydrogenated marine/fish oils, biscuits, cakes, tarts, pie crust, pastries, chocolate, coffee creamers, milk or dairy solids, ice cream, non-dairy cream substitutes, shortening	Salad dressing made with sunflower oil, soft poly-unsaturated margarine	Olive oil margarine, canola margarine, peanut butter



	Example menu 1	Example menu 2	Example menu 3
Breakfast	Bran-rich cereal with skim milk and sliced banana	Oats with skim milk Paw paw	Bran muffin with canola margarine and jam Fat free fruit yoghurt
Mid-morning	Nectarine	Orange	Mango
Lunch	Bread roll with avocado, tomato and lettuce	Peanut butter sandwich	Low fat cheese and tomato sandwich on rye bread
Mid-afternoon	Strawberries	Apple	Grapes
Supper	Beef lasagne (lean mince, added oat bran, skim milk, low fat cheese) Pumpkin & broccoli	Grilled skinless chicken Samp & dried beans Cabbage salad with low oil mayonnaise (egg free)	Grilled sole Baked potato with fat free cream cheese Carrot & pineapple salad Creamed spinach (white sauce made with skim milk)



Other ways of lowering saturated fat intake:

Eat small portions of meat and chicken, filling up on grains and vegetables; remove visible fat from meat and skin from chicken before cooking; eat fish more often than red meat or chicken; eat avocado on bread rather than cheese; use fat free rather than full cream or even low fat dairy products; check food labels for ingredients containing saturated fat.



Fabulous fibre:

Soluble and insoluble fibre are not equally beneficial in reducing cholesterol levels. Soluble fibre lowers blood cholesterol levels and helps to reduce the body's production of cholesterol. Try to eat more soluble fibre-rich foods such as: oats, oat bran, dried peas, beans and lentils, wheat bran, rye, barley, fruit and vegetables especially apples, citrus fruit, carrots and strawberries (see example menus).

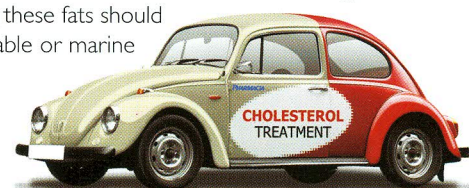


Vital vitamins:

Certain vitamins play an important role in reducing the risk of heart disease. These vitamins, called anti-oxidant vitamins (vitamin C, E and Beta-carotene), reduce fatty build up in the arteries. Eat more vitamin C-rich foods such as citrus fruits, tomatoes, strawberries, cabbage, red & green pepper, guavas, brussel sprouts, broccoli and sweet potato, sweet melon, kiwi fruit. Beta-carotene-rich foods: mangoes, dried peaches and apricots, spanspek, nectarines, carrots, sweet potato, spinach, squash and broccoli. Vitamin E-rich foods: wheat germ, sunflower seeds & oil, soya bean oil, soya beans, canola and soft margarine, maize, maize oil, toasted almonds and hazel nuts.

	Eat most often	Eat in moderation	Eat minimal amounts
Meat & meat alternatives	Fish, soya	Lean red meat, skinless poultry, lean bacon, game	Fatty cuts of meat, processed meat, sausages, organ meat, shellfish, beef biltong
Dairy products & eggs	Skim or fat free milk, fat free yoghurt, fat free or low fat cottage cheese, fat free cream cheese, egg whites	Low fat milk, low fat yoghurt, low fat buttermilk, low fat evaporated milk, low fat cheese (less than 15g fat per 100g), low fat processed cheese, creamed cottage cheese, sorbet	Full cream milk, full cream yoghurt, condensed milk, cream and cream substitutes, coffee creamers, dairy blends, cream cheese, high fat cheese, ice cream, egg yolks
Fruit and Vegetables	Fresh, frozen or tinned vegetables, fresh or dried fruits, fruit tinned in natural juices	Glazed fruit and fruit tinned in syrup	Vegetables prepared in butter or cream sauces
Starches	Pasta, rice, potatoes, mealies, samp, pearl wheat, mealie rice, sweet potato, whole-wheat, brown & rye bread, high fibre breakfast cereals, oats, mealie meal, low fat wholewheat crackers, rye crackers, rice cakes, air popped popcorn, dried peas, beans & lentils	Low fat refined crackers eg. matzo, white bread, homemade baked products using un-saturated oils sparingly and no egg yolk eg. muffins, refined breakfast cereal	Commercially baked products eg. pies, pastries, cakes, tarts, croissants, doughnuts, high fat refined biscuits or crackers, buttered or commercial popcorn, muesli with coconut
Fats & oils		Unsaturated oils eg. sunflower/canola/maize/soya/olive oil/soft margarine, low oil mayonnaise and salad dressing, olives, avocado, seeds eg. sunflower/sesame, nuts eg. pecan/cashew/peanut butter	Palm kernel oil, coconut oil, coconut, coconut milk, lard, suet, cocoa butter, butter, hard margarine, mayonnaise
Miscellaneous	Tea	Coffee, sugar, pretzels	French fries, crisps, chocolate, sweets, cream soups, alcohol

When unsaturated oils undergo hydrogenation (a process used in the food industry to harden oils), the chemical form of the fat is changed. This altered form of fat, now called "trans" fatty acids raise blood cholesterol levels thus foods containing these fats should be limited. Look out for them on food labels – they will be listed as: hardened or hydrogenated vegetable or marine oils/fats.



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