

GOOD FOOD CHOICES

for Managing your Cholesterol

As your doctor / nurse has pointed out some cholesterol is essential, but too much of it can put you at risk of blood circulation problems, even a heart attack or stroke.

Our liver makes a lot of our body's cholesterol, but what we eat also affects our cholesterol levels. Whether or not you are taking medication, making the right food choices can really help you to manage your cholesterol and

reduce your risk of heart disease as well as other health problems. Below are a few simple changes that can significantly reduce your risk of heart disease. Try to make as many as you can on an ongoing basis.



Bord Bia

Irish Food Board
www.bordbia.ie

NDP

National Development Plan 2007-2013

Funded by the Irish Government under the National Development Plan, 2007 - 2013



Irish Practice Nurses Association



IRISH HEART FOUNDATION

PROTEIN RICH FOODS

- Make sure you have a good mix of both animal (e.g. meat) and plant (e.g. beans and pulses) proteins during the week. Enjoy up to **3 x 150g servings of lean red meat a week**.
- Those on a cholesterol lowering diet can have **4 to 6 eggs per week**. Eggs contain substantial amounts of vitamins A, B, D and E and are also a good source of essential minerals.

FISH

- Eating oily fish (such as **salmon, trout, fresh tuna, sardines, herring and mackerel**) **twice a week** can help to reduce the risk of heart disease and also to improve the chances of survival after a heart attack. We don't know exactly how, but it's thought that the protective omega 3 fats in oily fish keep the heartbeat regular, reduce the level of triglycerides (another group of fats in the blood), and prevent blood clots from forming in the arteries by making the cells less sticky.

FATS

- Try to reduce fatty foods as much as you can as this will help to reduce some of the trans fats and saturated fats in your diet. **Cakes, biscuits, pastries, confectionery, fried foods and take-aways should be kept as very occasional foods.** This change will also help you to lose extra weight around the middle of your body, which in turn can often help to lower your cholesterol.
- Try **lower fat dairy** options (milk, yoghurt and cheese) or try healthier monounsaturated fat (such as an **olive oil spread, olive and rapeseed oils, unsalted nuts and avocados**).

SOLUBLE FIBRE

- Eat more of this type of fibre found in oats, and cereals made from **oats such as porridge or unsweetened muesli, fruit and pulses (peas, beans and lentils)**. It has been shown to lower the amount of cholesterol absorbed from the intestine into the body.

FRUIT AND VEGETABLES

- Eating at least **five portions of fruit and vegetables a day** can help to reduce your risk of heart disease, because they're rich in potassium which helps to regulate your blood pressure and also full of protective vitamins (in particular A, C and E) which help prevent cholesterol from building up on the inside walls of the arteries.

SALT

- Reducing the amount of salt you eat will also help keep your blood pressure down. Look out for salt in certain breads, breakfast cereals, cheese, dried soups and sauces, salty crisps and nuts. Gradually add less salt to your food. The maximum recommended intake is **6g of salt for adults per day**, so when you study a food label and you see a sodium level, simply multiple it by 2.5 to find out how much salt it contains.

ALCOHOL

- **Too much alcohol** can damage the heart muscle, increase blood pressure and also lead to weight gain. However, moderate drinking (between 1 and 2 standard drinks of alcohol a day) can help protect the heart in men aged over 40 and women who have gone through the menopause. Discuss a suitable intake for you, with your doctor, remembering that the maximum **safe intake per week** is below **21 standard drinks for a man and 14 standard drinks for a woman**. One standard drink is a very small glass of wine or a half pint of beer or lager or a pub measure of spirits.



5 BREAKFAST IDEAS

1 PORRIDGE

Porridge made with low fat milk, sweetened with a teaspoon of honey.

2 FRUIT

Mixed fruit salad with low fat yoghurt and a dessertspoon of chopped nuts.

3 SMOOTHIE

Fruit smoothie – whiz a banana, some mixed berries and some low fat milk or yoghurt in a blender or with a hand held blender.

4 BAGEL

Multigrain bagel topped with chopped banana, followed by a low fat fruit yoghurt.

5 TOAST

Wholegrain toast, topped with poached eggs and grilled tomatoes.



5 LUNCH IDEAS

1 SOUP

Lentil or bean-based vegetable soup with two slices of wholegrain toast.

2 PITTA

Wholemeal pitta stuffed with plenty of fresh undressed salads, olives, a scraping of low fat mayonnaise and thin slices of turkey, chicken or lean ham.

3 SALMON

Grilled salmon steak topped with Cajun spices and served with a large crisp green salad.

4 SANDWICH

Toasted sandwich with wholegrain bread, thin slices of roast beef, tomato, red onion and rocket leaves.

5 OMELETTE

Omelette made with 2 eggs, vegetables such as onions and peppers, and cooked potato slices.



2 HEALTHY DINNER IDEAS

SPICY SALMON



COMPLEXITY easy
TIME 10min
SERVES 4
METHOD pan

Full of omega 3, salmon is food for the brain, body and heart.

4 x 150g salmon portions
cajun seasoning
a little oil

Guideline Daily Amounts

	CALORIES	SUGARS	FAT	SATURATES	SALT
Women	2000	90g	70g	20g	6g
Men	2500	120g	95g	30g	6g

All GDAs are based on recommendations for an average adult of healthy weight and average activity level. It is important to remember that these are just a **guide**, not targets.

Rinse salmon and pat dry using kitchen paper. Dust all sides of salmon with cajun seasoning.

Heat oil in pan and sear salmon on all sides for ½ minute.

Reduce heat and continue to cook in pan for 8 minutes or transfer salmon to baking tray and place in pre-heated oven Gas mark 5, 200°C (400°F) for 8 minutes.

Serve with baked or boiled potatoes, vegetables of choice or salad.

Nutritional analysis per serving:

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
283KCAL	30.3G	18G	0.61MG	0G

GRILLED STEAK WITH STIR-FRIED VEGETABLES AND WARM BALSAMIC DRESSING



COMPLEXITY easy
TIME 10min
SERVES 4
METHOD pan

A tasty low fat dressing adds a twist to a family favourite.

4 x 100g steaks, fillet or sirloin, seasoned with black pepper, a little olive oil and balsamic vinegar.

VEGETABLES

Asparagus, sugar snap peas, red pepper and shallots – all roughly chopped

DRESSING

½ tablesp. olive oil
2 tablesp. balsamic vinegar
2 teasp. wholegrain mustard

2 teasp. honey
1 tablesp. soy sauce
1 tablesp. lemon juice

Cook the steaks on a cast iron ribbed frying pan or grill, 2-3 minutes each side for rare, 3-4 minutes for medium, 5-6 minutes for well done. Mix the dressing ingredients and heat gently for 2-3 minutes. Dilute with a little water if it becomes too thick.

Stir-fry the vegetables in olive oil in a very hot pan. Season to taste. Serve with the steaks, dressing and boiled potatoes.

Nutritional analysis per serving:

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
238KCAL	30.5G	8.7G	2.55MG	9.6G