







# What should I eat?

## Try to move from red to green



Dietary recommendations to help lower cholesterol

|   |   |  |  |
|---|---|--|--|
| <p><b>Bread, cereals and potatoes</b></p>        | <p>Croissants, waffles, fried potatoes, roast potatoes, sugar-coated breakfast cereals.</p>   | <p>Refined (white) cereals, for example, bread, biscuits, mashed potatoes.</p>   | <p>Whole grain cereals, bread, rice, pasta, non-sugar added breakfast cereals oats, boiled potato.</p>   |
| <p><b>Fruit and vegetables</b></p>               | <p>Vegetables fried in batter, prepared in butter, or creamy sauce.</p>   | <p>Canned fruit in syrup (drain off syrup), fruit juices.</p>  | <p>Fresh, frozen, dried fruit and vegetables.</p>  |
| <p><b>Meat, fish and alternatives</b></p>      | <p>Fatty cuts of meat, belly pork, lamb, duck, goose.</p> <p>Sausages, salami, bacon, spare ribs, chicken nuggets.</p> <p>Meat pies, sausage rolls and pasties.</p> <p>Fish in creamy sauces.</p> <p>Fried fish or meat in batter.</p>                        | <p>Lean cuts of meat and reduced fat products including sausages, burgers and meatballs.</p>   | <p>(Extra) lean pork, ham, lamb, minced beef, chicken and turkey (without skin)</p> <p>All fish: cod, plaice, sole, whiting, (fresh, canned) tuna shellfish.</p> <p>Oily fish: (fresh, canned) mackerel sardines, pilchards, salmon, trout, herring.</p> <p>Soya mince, beans, tofu.</p> |
| <p><b>Beans, pulses, nuts &amp; seeds</b></p>  |   |  | <p>All nuts and seeds, especially almonds, walnuts, linseed, pumpkin, sesame, sunflower seeds.</p> <p>(Chick) peas, lentils, sweetcorn, kidney beans, lentils, sweetcorn. Rinse if canned in salt or sugar</p>   |
| <p><b>Dairy products and eggs</b></p>          | <p>Whole/full-fat milk, condensed milk.</p> <p>Clotted, sour, single and double cream and crème fraiche.</p> <p>Egg yolk.</p> <p>Full-fat yoghurt.</p> <p>Cream cheese, mascarpone, brie, camembert, stilton, edam, parmesan and full fat cheese spreads.</p> | <p>Semi-skimmed milk, reduced fat evaporated milk.</p> <p>Half-fat yogurt. Half-fat cheddar, mozzarella, feta, 'light' cheese spread, quark.</p> | <p>Skimmed milk (with plant sterols/stanols), soya milk.</p> <p>Egg white.</p> <p>Low-fat/light yoghurts (with plant sterols/stanols).</p> <p>Reduced fat, half-fat, cottage, curd cheese, 'extra light' cheese spread.</p>  |
| <p><b>Oils and fats</b></p>                    | <p>Butter, solid margarines, palm and coconut oils, lard, bacon fat.</p>  |  | <p>Soft spreads, lower fat, unsaturated fat spreads (with plant sterols/stanols).</p> <p>Liquid margarine.</p> <p>Vegetable oil such as rape seed or sunflower seed and olive oil.</p>   |

# Diet fact sheet

(Table based on European and Finnish recommendations and accepted by experts at the Finnish Diabetes Association)

| Dietary change  | Practical changes in the diet   |
|---|---|
| <b>Replace saturated fats with mono- and polyunsaturated fats</b>               | <ul style="list-style-type: none"><li>• Replace full-fat dairy products (for example, cheese, cream, milk, yoghurt) with fat-free or low-fat versions</li><li>• Decrease the intake of fatty meat and meat products, such as sausages by replacing them with lean meat options</li><li>• Decrease the intake of bakery products rich in saturated fat (for example, Danish pastries, cookies)</li><li>• Replace butter or other animal fats like lard with:<ul style="list-style-type: none"><li>- soft vegetable oil spreads in spreading</li><li>- vegetable oils or liquid "bottle" margarines in cooking</li><li>- soft vegetable oil based spreads or liquid "bottle margarines" in baking</li></ul></li><li>• Use vegetable oil based dressings in salads</li><li>• Even small amounts of nuts and seeds bring unsaturated fats to the daily diet</li></ul> |
| <b>Increase the intake of soluble dietary fibre</b>                             | <ul style="list-style-type: none"><li>• Use whole grain products instead of refined grains<ul style="list-style-type: none"><li>- oatmeal or rye porridge, brans</li><li>- bread, pasta, rice, muesli and cereals in whole grain versions</li></ul></li><li>• At least 500g daily of a combination of:<ul style="list-style-type: none"><li>- root vegetables and other vegetables</li><li>- berries and fruit</li></ul></li><li>• Beans, lentils, potatoes, peas and seeds also bring fibre into the diet</li><li>• Eat cooked and raw vegetables with every meal</li></ul>  |
| <b>Include foods with added plant stanols/sterols as part of the daily diet</b> | <ul style="list-style-type: none"><li>• Replace your normal spread with a spread containing plant sterols or stanols OR</li><li>• Include dairy foods like milk, yoghurt or a yoghurt drink with added stanols/sterols as part of your daily meals</li></ul>  |
| <b>Other features of a heart-healthy lifestyle</b>                              | <ul style="list-style-type: none"><li>• Eat fish at main meals 2–3 times a week<ul style="list-style-type: none"><li>- oily fish at least once per week</li></ul></li><li>• Make low-salt food choices</li><li>• If overweight, reduce energy (calorie) intake so that weight is reduced by 5–10%</li><li>• Increase in energy expenditure by doing exercise that fits with your routine</li></ul>  |