

What should I eat?

Try to move from red to green



Dietary recommendations to help lower cholesterol

<p>Bread, cereals and potatoes</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>Fruit and vegetables</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>Meat, fish and alternatives</p> 	<p>Fatty cuts of meat, belly pork, lamb, duck, goose. Sausages, salami, bacon, spare ribs, chicken nuggets. Meat pies, sausage rolls and pasties. Fish in creamy sauces. 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) All fish: cod, plaice, sole, whiting, (fresh, canned) tuna shellfish. Oily fish: (fresh, canned) mackerel sardines, pilchards, salmon, trout, herring. Soya mince, beans, tofu.</p>
<p>Beans, pulses, nuts & seeds</p> 			<p>All nuts and seeds, especially almonds, walnuts, linseed, pumpkin, sesame, sunflower seeds. (Chick) peas, lentils, sweetcorn, kidney beans, lentils, sweetcorn. Rinse if canned in salt or sugar</p>
<p>Dairy products and eggs</p> 	<p>Whole/full-fat milk, condensed milk. Clotted, sour, single and double cream and crème fraiche. Egg yolk. Full-fat yoghurt. Cream cheese, mascarpone, brie, camembert, stilton, edam, parmesan and full fat cheese spreads.</p>	<p>Semi-skimmed milk, reduced fat evaporated milk. Half-fat yogurt. Half-fat cheddar, mozzarella, feta, 'light' cheese spread, quark.</p>	<p>Skimmed milk (with plant sterols/stanols), soya milk. Egg white. Low-fat/light yoghurts (with plant sterols/stanols). Reduced fat, half-fat, cottage, curd cheese, 'extra light' cheese spread.</p>
<p>Oils and fats</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). Liquid margarine. 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
<p>Replace saturated fats with mono- and polyunsaturated fats</p>	<ul style="list-style-type: none"> • Replace full-fat dairy products (for example, cheese, cream, milk, yoghurt) with fat-free or low-fat versions • Decrease the intake of fatty meat and meat products, such as sausages by replacing them with lean meat options • Decrease the intake of bakery products rich in saturated fat (for example, Danish pastries, cookies) • Replace butter or other animal fats like lard with: <ul style="list-style-type: none"> - soft vegetable oil spreads in spreading - vegetable oils or liquid "bottle" margarines in cooking - soft vegetable oil based spreads or liquid "bottle margarines" in baking • Use vegetable oil based dressings in salads • Even small amounts of nuts and seeds bring unsaturated fats to the daily diet
<p>Increase the intake of soluble dietary fibre</p>	<ul style="list-style-type: none"> • Use whole grain products instead of refined grains <ul style="list-style-type: none"> - oatmeal or rye porridge, brans - bread, pasta, rice, muesli and cereals in whole grain versions • At least 500g daily of a combination of: <ul style="list-style-type: none"> - root vegetables and other vegetables - berries and fruit • Beans, lentils, potatoes, peas and seeds also bring fibre into the diet • Eat cooked and raw vegetables with every meal
<p>Include foods with added plant stanols/sterols as part of the daily diet</p>	<ul style="list-style-type: none"> • Replace your normal spread with a spread containing plant sterols or stanols OR • Include dairy foods like milk, yoghurt or a yoghurt drink with added stanols/sterols as part of your daily meals
<p>Other features of a heart-healthy lifestyle</p>	<ul style="list-style-type: none"> • Eat fish at main meals 2–3 times a week <ul style="list-style-type: none"> - oily fish at least once per week • Make low-salt food choices • If overweight, reduce energy (calorie) intake so that weight is reduced by 5–10% • Increase in energy expenditure by doing exercise that fits with your routine