

FOOD PREPARATION

The way you prepare your food also helps to reduce your cholesterol level.

- Trim fat from meat.
- Roast, steam or grill – don't fry.
- Avoid mayonnaise-based dressings.
- Use less oil or fat.



Your consulting pathologists

CHOLESTEROL



Your consulting pathologists

CHOLESTEROL

A HIGH CHOLESTEROL LEVEL IN THE BLOODSTREAM CAN CLOG THE ARTERIES AND LEAD TO HEART ATTACKS AND STROKES

WILL I HAVE A HEART ATTACK?

Coronary Artery Disease (CAD) is the term used to refer to conditions that affect the arteries of the heart. Heart attacks and angina (chest pain) are two examples of CAD.

PLEASE NOTE:

- High cholesterol is one of the main risk factors in CAD.
 - Moderately raised blood cholesterol levels double the risk of CAD.
 - A high level of cholesterol will increase the risk fourfold.
 - Please consult your doctor if you have a high cholesterol level.
-

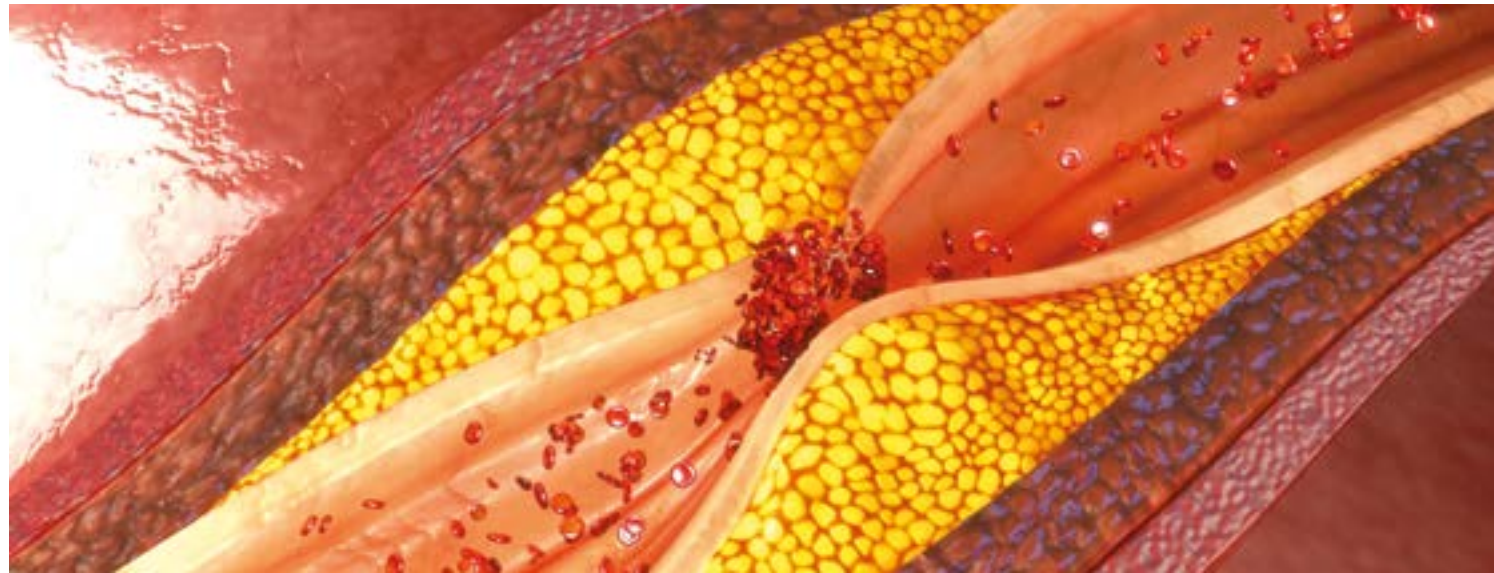
HOW CAN I LOWER THE RISK OF CAD?

By reducing your risk factors in cooperation with your doctor

THE MAIN RISK FACTORS ARE:

- High blood cholesterol.
- High blood pressure.
- Cigarette smoking.
- Premature menopause in women who are not on hormone replacement therapy.

Other risk factors include familial tendency, diabetes, obesity (being overweight) and a lack of exercise.



HOW CAN I COUNTERACT THE RISK FACTORS?

- Change your diet
- Stop smoking
- Control your blood pressure
- Lose weight
- Take regular exercise



YOUR DIET

N.B. Changing your diet is one way of treating high cholesterol, but often medication may also be required.

It is important to understand how your diet influences your cholesterol level. Some foods contain high levels of cholesterol and saturated fats, which increase your blood cholesterol level and should be avoided. Your daily intake of cholesterol should not exceed 300 mg.

FOODS HIGH IN CHOLESTEROL INCLUDE

Eggs and full-cream dairy products, red meat, shrimps and prawns, kidneys, liver.

FOODS HIGH IN SATURATED FATS INCLUDE

Animal fats e.g. lamb, pork, beef, dishes made with animal fats, processed meats, full-cream milk, hard margarine, coconut oil, butter, cheese, cakes, biscuits.

FOODS CONTAINING LITTLE OR NO CHOLESTEROL OR SATURATED FATS INCLUDE

Potatoes, bread, pasta, cereals, grains, fruit and vegetables. Foods which contain unsaturated fats and therefore should be consumed in preference to saturated fats include Sunflower oil, soft (tub) margarine, avocado and oily fish.