

Diet for High Cholesterol

Guide for low cholesterol food preparation

- Fats: Foods prepared for low cholesterol meals do not need to be dry. However, the type of fat used in preparation of meals is very important and fat must be used sparingly.
- Permitted fats: Olive oil, Canola oil, Peanut oil, Palm fruit oil.
- Fats to avoid: Animal fat, lard, all margarine. Butter may be used sparingly.
- Protein Foods: Remove all visible fat from meat and chicken. Grill, bake or roast meats without added fat. When preparing stews and casseroles, use olive oil sparingly. Use non-stick pots and pans.
- Legumes may be used to substitute animal protein.
- Introduce turkey and ostrich to the diet.
- Generally try to avoid fried foods. However, olive oil may be used to stir fry or shallow fry foods.
- Meats to avoid: All organ meats. All canned and processed meats. All "fatty" meat.
- Eggs: Eggs must be limited to 2-3 per week.
- Dairy Products: Use skim/fat free or low fat milk. Use low fat/fat free yoghurt.
- Limit the use of full fat cheeses (e.g. cheddar and gouda) to 100g per week.
- Use low fat or fat free cottage cheese. Read labels on all cheeses to establish the fat content.
- Products to avoid: Cream, ice cream, processed and full cream cheeses, coffee creamers.
- Bread and Cereals: Use unrefined and whole-grain products. Try to include oats in the diet. Look for low GI (Glycaemic Index) seed breads.
- Fruits and Vegetables: Include a variety of fruits and vegetables in your daily meal plan.
- Seasoning and Spices: While it is very important to flavour the food and prepare tasty meals, do not use flavour enhancers like aromat and other products containing mono-sodium glutamate (MSG). Use herbs, both fresh and dried, garlic, lemon juice, vinegar (e.g. balsamic vinegar) to flavour food.