

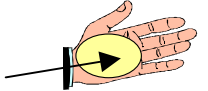






## Eating well to prevent heart disease and stroke



The following tips will help lower your cholesterol, lower your blood pressure, control your blood sugar levels (if you have diabetes) and help you lose weight if necessary.

**Any good changes you make to your diet should be life-long**

- ✓ Eat foods containing unsaturated fats (see back page) instead of foods containing saturated fats (see back page).
- ✓ Use unsaturated oils in cooking (see back page)
- ✓ Avoid deep fried foods eg. fried fish, chips or kibbie
- ✓ Avoid high fat pastry foods eg. Basbousa, nammoura, baklava
- ✓ Eat palm sized portions of meat/chicken with the fat and skin removed. 
- ✓ Include fresh, frozen or canned fish (in spring water) in your diet at least twice a week
- ✓ Eat more fruit, vegetables, salads (ie. fattoush, tabouleh), dried peas, chickpeas, homous, dried beans and lentils 
- ✓ Include rice, pasta, noodles, polenta, burghul, wholemeal breads and cereals with meals 
- ✓ Choose and enjoy low fat dairy foods. Use low fat milk to make yoghurt
- ✓ If you drink alcohol, do so in moderation (1 – 2 standard drinks per day, with at least 2 alcohol-free days per week) 
- ✓ Avoid adding salt to dishes, use herbs and spices instead (eg. garlic, onion, lemon, vinegar, tumeric or coriander). Limit salty foods like salted nuts, salted pumpkin seeds, salted olives and pickles.
- ✓ Enjoy regular physical activity (eg walking, swimming, gardening). Check with your doctor first. 



**Eat at least 2 fruit and 5 different vegetables every day.**

<b>UNSATURATED FATS</b> <i>(Good Choices)</i>	<b>SATURATED FATS</b> <i>(Poor Choices)</i>	<b>CHOLESTEROL</b> <i>(Take Care)</i>
<b>Found mainly in plant foods and fish</b>	<b>Found mainly in animal foods</b>	<b><u>Only</u> found in animal foods</b>
<ul style="list-style-type: none"> <li>• Oil eg. Olive, canola, peanut, sesame, corn, safflower, sunflower</li> <li>• Unsaturated (table) margarines eg. Sunflower, olive, canola</li> <li>• Nuts (unsalted)</li> <li>• Seeds and seed spreads</li> <li>• Avocado</li> <li>• Olives</li> <li>• Peanut butter</li> <li>• Fish</li> <li>• Dips like babaghannoug, homous, tahini</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, samna, ghee</li> <li>• Cream, sour cream</li> <li>• Cooking margarines</li> <li>• Full cream milk or cheese</li> <li>• Regular yoghurt</li> <li>• Ice-cream</li> <li>• Egg yolk</li> <li>• Fat on meat</li> <li>• Chicken skin</li> <li>• Processed meats eg. Devon, chicken loaf, mortadella, sausages</li> <li>• Many take-away foods (eg. Hot chips, deep fried foods)</li> <li>• Ready made cakes, biscuits, pastries</li> <li>• Chocolate</li> <li>• Potato crisps, corn chips</li> <li>• Palm oil</li> <li>• Coconut oil, coconut cream, coconut milk</li> </ul>	<ul style="list-style-type: none"> <li>• Organ meats (eg. Kidney, liver, brains, heart, tongue)</li> <li>• Some seafoods (eg. Prawns, shell fish, octopus, squid, caviar)</li> <li>• Egg yolk</li> </ul>
<b>WILL NOT INCREASE YOUR CHOLESTEROL</b>	<b>CAN INCREASE YOUR CHOLESTEROL</b>	<b>IF YOU HAVE HIGH CHOLESTEROL LIMIT THESE FOODS</b>