

Eating to Lower your Blood Cholesterol

A diet high in fat (especially saturated fat and trans fat) can increase your blood cholesterol levels and increase your risk of heart diseases. To lower your risk, replace most of the saturated- and trans-fats with unsaturated fats in your diet.

Understand the different types of dietary fats and learn tips on how to manage your diet!



Saturated fat & Trans fat

Increase your blood cholesterol level






Mono-unsaturated fat & Poly-unsaturated fat

Decrease your blood cholesterol level



Know the Different Types of Cholesterol

What are they?	Description
Total Cholesterol (TC) 	The total amount of cholesterol in the blood.
Healthy Levels	$< 5.2 \text{ mmol/L}$ ($< 200\text{mg/dL}$)

What are they?	Description
<p>High-Density Lipoprotein (HDL) Cholesterol</p> 	<p>Considered “good” cholesterol because it helps remove cholesterol from the arteries.</p> <p>High HDL levels help to keep the arteries open, maintain normal blood flow and protect against heart disease.</p>
<p>Healthy Levels</p>	<p>≥ 1.6 mmol/L (≥ 60 mg/dL)</p>
<p>Low-Density Lipoprotein (LDL) Cholesterol</p> 	<p>Considered “bad” cholesterol because it carries and deposits cholesterol in the arteries.</p> <p>High LDL levels can lead to fatty deposits (plaques) in the arteries, affecting blood flow and causing heart attacks or strokes.</p>
<p>Healthy Levels</p>	<p>< 2.6 mmol/L (< 100 mg/dL)</p>
<p>Triglycerides (TG)</p> 	<p>A type of fat in the blood which increases the risk of heart disease.</p> <p>It is formed when the body converts excess calories which are not used up, and storing them in fat cells.</p>
<p>Healthy Levels</p>	<p>< 1.7 mmol/L (< 150 mg/dL)</p>

Food Sources of Mono-unsaturated Fat



Nuts



Avocado



Oil: canola, olive



Margarine: canola, olive oil

Food Sources of Poly-unsaturated Fat



Oily fishes: mackerel, salmon, sardines, patin



Oil: sunflower, peanut, sesame, corn, soybean, rice bran



Spreads with higher unsaturated fat content
(e.g. soft margarine, peanut butter, avocado, hummus)



Seeds: pumpkin, sesame and flaxseeds

Food Sources of Saturated Fat

(tend to be solid at room temperature)



Plant sources: coconut oil/ milk, palm oil



Cream, 3-in-1 beverages, creamer, mayonnaise, cream-based salad dressings, heavy sauces or gravies



Flavoured rice (e.g. nasi lemak, nasi bryani, chicken rice)



Animal sources: visible fats, skin on meat, processed meat, organ meats, full cream dairy products (e.g. milk, yoghurt, cheese, cream), butter, lard, ghee



Fast food, deep fried food

Food Sources of Trans Fat

(Other names found on food label:
partially hydrogenated fat/ vegetable shortening)



Hard margarine



Confectioneries: sweets, chocolates



Doughnuts, croissants, cookies, puffs, pies and pastries



Potato chips



Creamer



Fast food, deep fried food



Food prepared with multiple-reheated cooking oils

Tips to Lower your Blood Cholesterol

1) Read Food Labels

- Choose food with 3g or less fat per 100g (or 1.5g or less per 100ml). You can also compare similar products and choose the one with less fat per 100g (or per 100ml).

Nutrition Information		
Servings per package: 8		
Serving size: 30g (1 bowl)		
	Per serving	Per 100g
Energy	112kcal*	374kcal*
Protein	2.2g	7.2g
Total Fat	0.2g	0.8g

Nutrition Information		
Servings per package: 1		
Serving size: 180ml		
	Per 100ml	Per serving
Energy	59 kcal	106 kcal
Protein	1.6 g	2.9 g
Total Fat	1.4 g	2.5 g

- Choose food products with the Healthier Choice Symbol “Lower in Saturated Fat” and “Trans Fat Free”
- Look out for ingredient lists with hydrogenated fats or oils

INGREDIENTS

Skimmed Milk, Hydrogenated Palm Kernel Fat, Emulsifier, Diacetyltartaric And Fatty Acid Esters Of Glycerol, Lactic And Fatty Acid Esters Of Glycerol, Mono- And Di-glycerides of Fatty Acids, Polyphosphates, Stabilizer, Hydroxypropyl Distarch Phosphate, Guar Gum, Carrageenan, Sorbitol, Colour: Beta-Carotene, Natural Flavouring, Flavouring



Lower in Saturated Fat



Trans Fat Free

2) Include Plant Sterols Daily from Fortified Food

The recommended amount of plant sterols is 2g a day. Aim for 2-3 servings of milk fortified with plant sterols to achieve a total of 2g a day.



3) Go Easy on Sweetened Drinks and Foods

Eating too much sugar may raise triglyceride levels and cause weight gain. Examples: soft drinks, fruit juices, white/ brown sugar, syrup, honey, sweets and candies, desserts such as cakes, brownies etc.



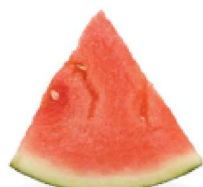
4) Boost your Fibre Intake

Having more fibre can help to reduce your cholesterol levels and reduce your risk of heart disease. Increase your intake of fruits, vegetables, oatmeal, wholegrains and legumes. Aim to eat at least half of your total grains as wholegrains. Have 2 servings of fruits and vegetables each daily.

Fruit (1 serving size)



1 small apple, orange, pear
or mango
(130g)



1 wedge of papaya,
pineapple or watermelon
(130g)



10 grapes/longans
(50g)



1 medium banana



¼ cup* of dried fruit
(40g)

Vegetables (1 serving size)



¼ round plate* of cooked vegetables



150g raw leafy vegetables



100g raw non-leafy vegetables



¾ cup* of cooked leafy vegetables



¾ cup* non-leafy vegetables

My Healthy Plate - vegetables serving sizes reproduced from <https://www.healthhub.sg> with permission by Health Promotion Board, Singapore

5) Consume Alcohol in Moderation

Drinking too much alcohol can increase triglyceride levels and lead to weight gain. If you drink alcoholic beverages, do so in moderation. Keep to 2 standard drinks for men and 1 standard drink for women.

1 Standard Drink = 10g Alcohol



330ml Beer



100ml Wine



30ml Spirits

Contributed by Nutrition & Dietetics Service, Allied Health Services

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