

Further information:

- www.bda.uk.com/foodfacts/FatFacts.pdf
- www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/fats-explained
- www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/Food-groups/fats-and-diabetes
- <https://www.nhs.uk/live-well/eat-well/different-fats-nutrition/>

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A Guide to Help Lower Your Blood Lipids

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Introduction

Lipid Levels – What does yours really mean?

This dietary guide has been designed to help lower the levels of lipids (fats) in your blood.

Dietary fat is made up of different types of fatty acids, some of which are essential for health in small amounts.

Fatty acids are usually classified as saturated, monounsaturated or polyunsaturated.

However, there are two main types of fat in the blood:

Cholesterol - This is an essential part of every cell in our body and we need it for a lot of important functions.

Triglycerides - This is also a fat in the blood and is measured along with cholesterol.

If you have high levels of these fats in your blood you have a greater risk of developing heart disease.

This is because these fats can cause damage by gradually blocking up our arteries.

If this goes too far, the vital blood supply to the heart (heart attack) or brain (stroke) may be reduced or cut off.

It is therefore very important that you change your diet in order to reduce these fat levels.

Suggested Meal Plan

Breakfast:

- Wholegrain breakfast cereal (**good source of fibre**)
- Skimmed milk (**low fat**)
- Wholegrain bread/toast (**good source of fibre**)
- Olive oil spread (**good source of unsaturated fat**).

Lunch:

- Small chicken breast (**low fat**)
- Large portion of vegetables including pulses (**high fibre and one of your 5 a day**)
- Skin-on potatoes (**high fibre and keeps you fuller for longer**)
- Low-fat yogurt and berries (**low fat and one of your 5 a day**).

Evening Meal:

- Salmon (**good source of omega-3**)
- Vegetables (**one of your 5 a day**)
- Brown rice (**high fibre**).

10 Steps to Reduce the Fat in your Diet

1. Grill, steam, poach, bake, microwave, braise or casserole food instead of frying or roasting with extra fat.
2. Cook meat on a rack and allow fat to drain off.
3. Always choose lean cuts of meat and trim off fat before cooking. Eat smaller portions of meat. Extend meat and poultry dishes by using pulses, cereals and vegetables.
4. Avoid using meat products such as sausages, beef burgers, paté etc. Watch out for the low fat versions of these but remember they do still contain fat.
5. Eat chicken, turkey and fish more often as these contain less fat than red meat. Remove skin from poultry.
6. Low fat sauces can be made by mixing cornflour with skimmed milk or vegetable stock.
7. Choose low fat spreads or vegetable/oil spread instead of ordinary margarines or butter.
8. Use skimmed milk instead of full cream milk (skimmed milk is not suitable for children under 5 years of age).
9. Replace ordinary hard cheese with low fat or reduced fat varieties e.g. cottage cheese or 50% reduced fat cheese.
10. Use low fat yoghurt or low fat fromage frais instead of cream.

Top Tips for Reducing Fat in the Diet

1. Eat Less Fats

All fats are high in calories, so it is important that you cut down on the **total** fat content in your diet.

The **type** of fat you eat affects the levels of cholesterol in your blood.

There are two types of fat in your diet:

Saturated fats – Found in animal products such as; meat, lard, suet, butter, cheese, cream. These raise blood cholesterol levels.



Unsaturated fats – Include polyunsaturated fats and monounsaturated fats found in certain vegetable oils, margarines, olive oil and oily fish.



Aim to reduce the amount of overall fat in the diet or try to replace saturated fats with unsaturated fats.

2. Eat More Fibre

A high fibre diet is known to be beneficial to health as it reduces your risk of cardiovascular disease, Type 2 diabetes and bowel cancer.

“Soluble” fibre, found in oats and pulses, is particularly effective in lowering cholesterol as it contains a type of fibre called beta-glucan.

Pulses can be incorporated in home-made soups, stews, pies or in salads and are a great source of protein. Oats can be a great breakfast with some berries.

3. Avoid Sugar and Sugar Rich Foods

It is particularly important to cut down your sugar intake, in order to prevent excessive weight gain.

A healthy BMI is 18.5 - 24.9kg/m² which can help prevent health complications such as heart disease and high blood pressure.

Sugar also raises the levels of **triglycerides** in your blood.

Too much sugar in the diet can also increase your risk of Type 2 Diabetes.

Fruit and vegetables	
Healthy alternatives	All fresh, frozen, dried and tinned/ unsweetened fruit and vegetables. Lentils, beans, chick peas etc
Unhealthy alternatives	Chips and roast potatoes cooked in saturated fats
Cereals	
Healthy alternatives	Wholemeal flour, oatmeal, wholemeal bread, wholegrain cereals (e.g. Weetabix, Shredded Wheat, bran cereals) porridge oats, crispbreads, brown rice, wholemeal pasta
Unhealthy alternatives	Sweet and chocolate biscuits, cream filled biscuits, cream crackers, cheese biscuits, croissant, sugar coated breakfast cereals
Desserts	
Healthy alternatives	Low fat natural yoghurt, low calorie fruit yoghurt, all milk puddings, sauces and custards must be made with skimmed milk, sorbet and sugar free jelly
Unhealthy alternatives	Pastries, cakes and puddings made with an unsuitable fat, ice cream, tinned or packet puddings
Drinks	
Healthy alternatives	Tea, coffee, slimline or sugar free drinks, unsweetened fruit juice, soda water, clear soup
Unhealthy alternatives	Milky drinks e.g. lattes (with syrups), malted drinks, cream soups, sugary drinks

Reference Table of Fats in Food Groups

Oils and spreads	
Healthy alternatives	Margarines and low fat spreads labelled “high in polyunsaturates”. Oils including Corn, Sunflower, Soya, Safflower, Rapeseed and Olive
Unhealthy alternatives	Butter, margarine and oils not labelled “high in polyunsaturates or mono-unsaturates”. Lard, suet, dripping, vegetable oil and margarine if unknown origin, ghee.
Dairy	
Healthy alternatives	Skimmed milk, soya milk, powdered skimmed milk, cottage cheese, low fat curd cheese, low fat yoghurt, low fat fromage frais
Unhealthy alternatives	Whole milk and cream, full fat yoghurt, full fat hard cheese and cream cheese, evaporated or condensed milk, imitation cream
Meats	
Healthy alternatives	Chicken, turkey (no skin), rabbit, game, lean beef
Unhealthy alternatives	Fatty meats (e.g. belly pork, streaky bacon, burgers, sausages, luncheon meat), meat pies, sausage rolls, pasties, corned beef, Scotch eggs, meat paste
Fish	
Healthy alternatives	White fish (e.g. cod, plaice, haddock) oily fish
Unhealthy alternatives	Fish fried fats, fish roe, fish paste

4. Drink Less Alcohol

A healthy guide is to restrict your intake of alcohol and consume **no more** than 14 units of alcohol per week which is equivalent to 6 pints of average-strength beer or 10 small glasses of low strength wine.

All forms of alcohol are high in calories and can contribute to weight gain.

5. Reduce salt

Excessive salt intake may increase your blood pressure.

Try flavouring your food with pepper, herbs, spices instead.

Try to reduce the amount of salty foods such as crisps, packet soups/pasta/sauces and processed meats and replace with those lower in salt and sodium, aiming for the levels in the green box below.

Use the food labelling guide below to see salt per 100g of a food product

	Low	Medium	High
Salt	0g-0.3g	0.3g-1.5g	More than 1.5g
Sodium	0g-0.1g	0.1g-0.6g	More than 0.6g

6. Eat more foods containing omega-3

A diet rich in omega-3 has shown to have a lower risk of heart disease. Eat at least 2 portions of fish per week, including a portion of oily fish.

Oily fish include;

- herring
- mackerel
- salmon
- sardines
- pilchards
- trout
- kippers

People who do not eat fish can get their omega-3 from:

- nuts and seeds e.g. walnuts and pumpkin seeds
- vegetable oils e.g. rapeseed and linseed
- soya and soya products

7. Eat more plant-based protein

Aim to eat more nuts, pulses and legumes.

One portion (80g, approximately 3 heaped tablespoons of cooked pulses) counts towards your **5 a day**.

Pulses and nuts are also a great healthy choice for meat-eaters.

You can add pulses to soups, casseroles and meat sauces to add extra texture and flavour.

A handful of nuts is also a great snack through the day.

8. Your lifestyle matters too!

Watching the food you eat is just one important way to look after your arteries.

Others factors that are almost as important include:

- Weight
- Smoking
- Blood Pressure
- Exercise
- Stress

Ask a Dietitian for further information on any of the above.



The dietary guidance in this leaflet recommends healthy eating for everybody, and is suitable for the whole family.