

## **DIET FOR HIGH CHOLESTEROL**

### **Foods to be avoided:**

- Fried & Oily food like salted Nuts, Chevra, Kachori, Samosa, Pakoda, Vada, Pickle
- Bakery products like cakes, pastries, cream biscuits , toast
- Gravy made with dried fruits like cashew nuts, ground nuts, coconut
- When eating out is unavoidable, make smart choices like roasted papad or grilled chicken than fried. Opt for grilled , baked & boiled food instead of fried options
- Ready to eat or canned food & maida products
- Fatty meats like ham, bacon, eggs yolk, red meat, organ meat, shrimps, lobster, prawns etc

### **Foods that can be taken liberally**

- Raw vegetables like tomato, cucumber, lettuce, cabbage etc.
- Coffee, Tea without milk
- Plain Lemon juice without sugar (Nimbu Pani)
- Fruits

### **Oil and Fat Consumption:**

- To cook food with minimum oil/ghee , use non- stick pans
- Ideal fat requirement is ½ Kg per person per month including ghee, Oil & butter, etc.
- Any brand of oil can be used for cooking , but not to exceed limits

### **Meal Frequency:**

- Small and frequent meals should be taken instead of 3 large meals.

### **Dinner:**

- Dinner should be at least 2-3 hours before bedtime to allow proper digestion.
- Avoid eating oily & heavy foods after 6.30 pm

**General Tips:**

- 1) Start a meal with a large bowl of thin soup, followed by a good volume of salads prepared with green vegetables (cabbage, cauliflower, lettuce, cucumber, sprouted pulses etc.).
  - 2) Exercise everyday or go for 30 minutes of brisk walk
  - 3) Use egg white instead of egg yolk.
- 
- Restrict Non veg food to twice a week.
  - Fruits should be taken on empty stomach, in between meals
  - Eat slowly & chew your food well & avoid drinking water along with your meals
  - Take adequate amount of water, at least 2 - 3 Liters per day.
  - Avoid watching television, reading, etc. while having your meals