

HIGH CHOLESTEROL DIET

TIME	MEAL	MENU	HOUSEHOLD MEASSUREMENT
9.00A.M	BF	Upma/poha/Dalia/Idli/ Egg (white) & chapati Tea/ Coffee (Without sugar)	1 Bowl 1no 1cup
11.00A.M	MM	Fruit	1 no
1.00P.M	Lunch	Chapatti/Rice Dal Salad Veg Curd	2no/ 1Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl
5.00P.M	Eve	Tea + Biscuits(marie vita / parle G)	1 Cup 2 no
9.00P.M	Dinner	Chapatti/ Rice Vegetables Pulses Salad Curd	2no/ 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl
10.00PM	BT	Milk	1 Cup

➤ **Food Should be cooked in 3-4 tea spoons of oil.**

➤ **Guidelines for High Cholesterol.**

1. Avoid Table salt, baking soda, Ajinomoto, bakery products, Papad, pickle, preserved, refined & processed food items, Maida preparations, fried items, salted butter, cheese, sauces, packet soups, soup cubes, tinned and canned foods.
2. Use (1/2) half teaspoon of salt for the entire day's cooking.
3. Include sodium adjuncts in diet such as tamarind, tomato, Kokam and dry mango powder.

4. Oil consumption should be restricted to ½ kg/ month/ person i.e., 3-4 teaspoon per day.
5. Eat a variety of fruit and vegetable servings every day. Dark green , deep orange or yellow fruits and vegetables are especially nutritious. Examples include spinach, carrots, peaches and berries.
6. Get at least 5- 10% of daily calories from omega-6 fatty acids, which are found in vegetable oils such as sunflower, safflower, corn and soyabean as well as nuts and seeds.
7. Limit sodium intake to less than 2.300 mg of sodium a day(about one teaspoon).Choose and prepare foods with little or no salt.
8. Avoid foods high in fat like deep fried items, oily food, and thick gravies prepared from groundnut, coconut and milk cream.
9. Avoid trans fatty acids. Hydrogenated fats (Dalda, Vanaspati) and reused oils.
10. Avoid Organ meats (brain, kidney, liver, heart), shell fishes (prawns, crab, shrimp, lobster, oyster), egg yolk are high in cholesterol so to be strictly avoided.
11. Drink clean water and Hydration important unless Doctor has advised the Water & Salt restriction Specially for Heart Failure Patients.
12. Try to exercise at least 30 minutes under the supervision of consulting physician.

➤ **Individuals should include all food groups in the diet to make it nutritious and healthy such as whole cereals and grains, whole pulses and dal, nuts and oilseeds, Milk and milk products, green leafy and other vegetables and fruits.**