



## Cholesterol

Cholesterol is a normal constituent of the body and is necessary for the production of some hormones, bile, salts and vitamins. Some cholesterol is obtained directly from food with the body makes more. Normally cholesterol levels are kept in balance but factors such as lack of exercise, smoking and a diet too rich in fat, may upset this mechanism.

The role that diet plays in coronary heart disease is still not clear, although it is believed that there is a close relationship between blood levels of cholesterol and arterial disease. It is sensible to keep blood cholesterol levels within normal limits.

### REDUCING SATURATED FAT INTAKE

Blood cholesterol can be lowered by effectively cutting down on foods, which are high in “saturated fats”. These fats are mainly found in animal products such as:

Butter, cream, suet, lard, dripping, cheese, egg yolk and meat fats. A cholesterol-lowering diet is one that is low in saturated fats.

### POLYUNSATURATED FATS

Polyunsaturated fats lower blood cholesterol. These are fats that come from vegetable sources. They can replace some of the less healthy saturated fats in the diet, so use margarine or low-fat spreads which are labelled: “*low in cholesterol-high in polyunsaturated fats*”.

Choose an oil that is rich in polyunsaturates such as corn oil, sunflower oil, safflower or groundnut oil. I personally recommend the one-calorie olive oil cooking spray which is used in many of the recipes in our Lifestyle Book. There are also lots of ideas included at the end of this programme. Check them out and you will soon discover how they can improve your diet. Use skimmed milk, yes it has all the calcium value as original in fact slightly more! The purple& orange top variety is now really popular. Cottage cheese, skimmed milk soft cheese, curd cheese, low-fat or fat-free yoghurts and fromage frais all have reduced amounts of saturated fats. It is best to avoid or restrict Cheddar cheese, cream, ice cream, milkshakes and milk chocolate.

## DIETARY CHOLESTEROL

Cholesterol occurs in largest amounts in eggs, liver, pate, faggots, kidneys, fish roe and prawns. It is best to avoid these and restrict eggs to one daily, including any used in cooking. Egg white can be used freely. Use plain, not egg enriched pasta.

## FIBRE

There is evidence to suggest that dietary fibre may lower blood cholesterol. This is found in vegetables, wholemeal bread and cereals.

Eat jacket potatoes, wholegrain cereals, granary or wholemeal bread, brown rice and wholemeal pasta. Oats provide the most valuable type of bran called soluble fibre and the reason porridge is highly recommended in our Slimtone plan. This is especially good at reducing blood cholesterol and is also found in beans, peas, spinach, cabbage and fruits such as apples and oranges.

## SUGAR

Sugar is not directly linked to coronary heart disease, but it may increase the risk of becoming overweight, which, in turn, can lead to raised blood cholesterol and high blood pressure. Cut down on sugar in drinks, on breakfast cereals and in processed food like biscuits, cakes and chocolate.

## Control your cholesterol intake when eating out

- ▶ Make a point of asking for vegetables with NO butter.
- ▶ Avoid dishes cooked with cream and butter.
- ▶ Avoid all pies and pastry dishes.
- ▶ Choose poultry or fish dishes rather than red meats, (provided they are not served with a rich sauce.)
- ▶ Avoid creamy soups.
- ▶ Ask for sauces and dressings to be served in a separate dish so you can restrict the amount you eat.
- ▶ Learn to say NO to cream with desserts.
- ▶ Choose a dessert such as fresh fruit salad. Avoid trifle, rich desserts and dairy ice cream.

## MARIE'S TIPS FOR ONE - CAL COOKING SPRAY

One of the most important items you can have in your store – cupboard is one cal cooking spray. I personally prefer the Olive Oil version it can be used for any of the Slimtone favourites listed below.

- ❖ Slimtone “Fried Potatoes” – thinly slice cooked potatoes, spray with low-cal cooking spray and grill until crisp and brown or spray a non-stick pan and “fry”. (Approx 20 cal per ounce)
- ❖ Sunday “Roasties” – peel potatoes and place on baking tray, spray with low-cal cooking spray and cook as usual. (Approx 20 cal per ounce) (I usually par boil my potatoes first)
- ❖ Parsnips are also great roasted the Slimtone way.
- ❖ Crisp Jacket Potatoes – Microwave potato as usual (weigh and cook for 1 minute per 28g/1 oz). When cooked mist with low-cal spray and pop into a hot oven for 5 minutes until skin is crispy. Alternatively cut into wedges and simply spray and place in hot oven. Wedges can be served with salad etc. (Approx 25 cal per 28g/1oz raw weight)
- ❖ Slimtone Fried Rice – Spray a non-stick pan and “fry” 140g/5oz cooked rice, scramble 1 medium size egg and add to rice, together with cooked onions, mushrooms, peppers and frozen peas. Season with Schwartz Chinese 5 spice and serve with Slimtone curry sauce and stir fried vegetables.
- ❖ Slimtone Stir Fry – Mist non-stick pan or wok with low-cal spray and cook a selection of “free” vegetables e.g. bean sprouts, onions, mushrooms, peppers, carrots, broccoli, cauliflower florets etc. The frozen Mediterranean range available in most supermarkets are really convenient and popular with our members. For added flavour try the stir-fry stock cubes or soy sauce. Stir fried vegetables provide you with your “5” a day and make a tasty nutritious addition to a meal. Also a popular filling for a bread wrap, simply add chopped chicken and drizzle with salsa or sweet chilli sauce. Short on time. Pop the vegetables into a zip’n’s seal bag top with seasoning, ginger or soy sauce etc and pop into micro for 4 minutes. Roasted vegetables are also very popular; simply chop up your favourite e.g. sweet potato, butternut squash, peppers, onion, mushrooms etc. Spray and roast... simple.....

### FURTHER TIPS FROM MARIE.....

- ✓ When baking fish spray foil with low-cal spray and season with lemon juice etc. before sealing this will prevent sticking. Great with the fried potatoes and vegetables.
- ✓ I also find the spray useful for “frying” onions, mushrooms, eggs etc.
- ✓ Also, spray dish before scrambling eggs and you will find them easier to serve.
- ✓ Stop your pasta sticking by adding a few sprays when cooking.

FURTHER INFORMATION AVAILABLE [www.bhf.org.uk](http://www.bhf.org.uk)

#### HEALTH RECOMMENDATION

It is recommended that you consult your GP before starting any eating plan. Slimtone and Marie Griffiths shall not be liable for any injury to health arising out of any diet or exercise recommended by Slimtone or in the Lifestyle Plan.