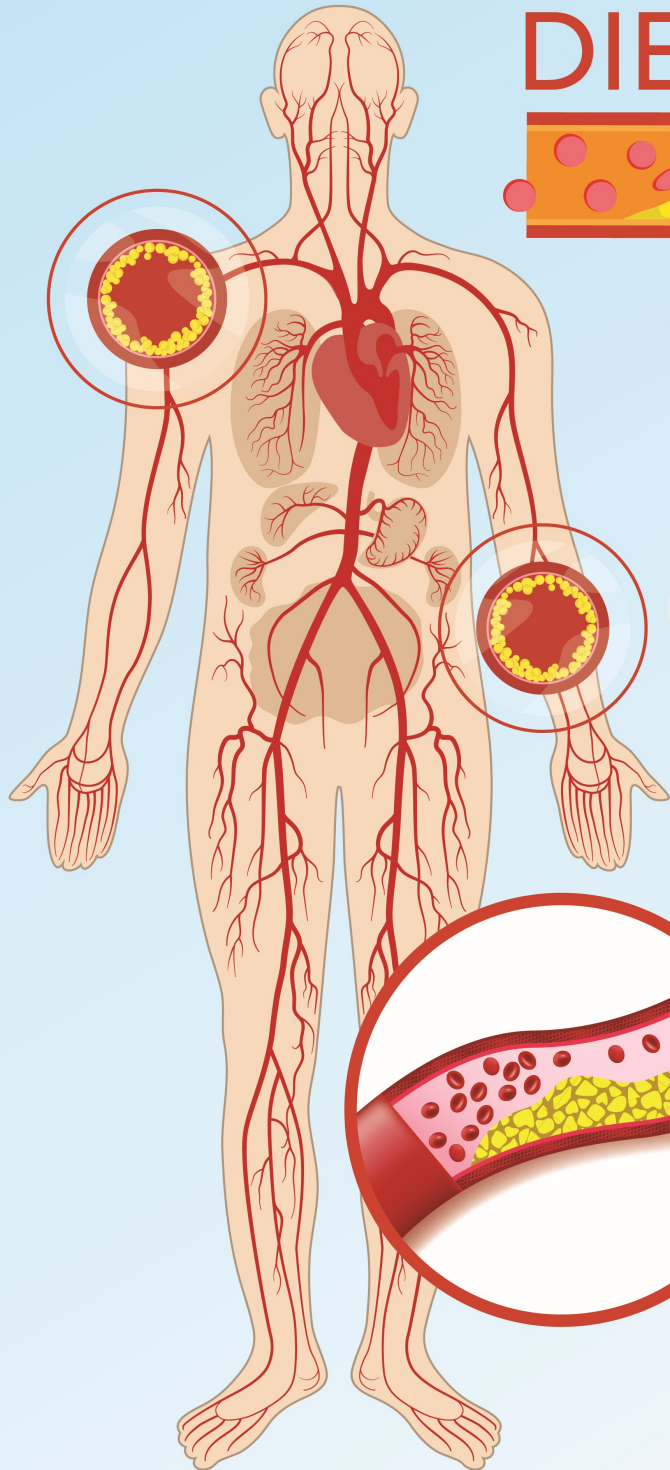
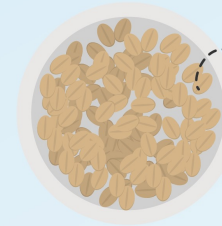


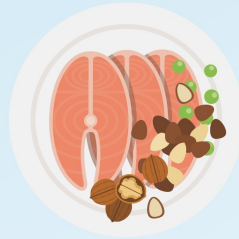
DIETARY MANAGEMENT OF HYPERLIPIDAEMIA



Eat more **wholegrains** and **soluble fiber** such as legumes, 2 tablespoons of psyllium husk, or 1 cup of rolled oats daily.



Rollled oats



Choose **unsaturated fats** from nuts and avocados. Have at least 2 servings of oily fish such as salmon and mackerel per week.

Keep a diet rich in plant foods. Aim for **2-3g of plant sterols/stanols** per day such as drinking 3 cups of plant sterol fortified milk.

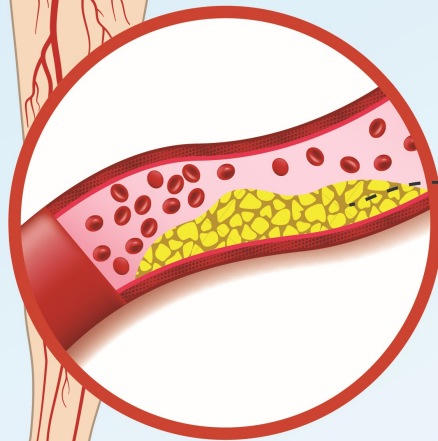


Eat a variety of **fruits and vegetables**.

Cut down on total saturated fats. Opt for low fat protein sources such as fish, lean meat and low fat dairy products.



3 cups of plant sterol fortified milk per day



Fats



Limit overall dietary cholesterol from food such as egg yolks, animal meats, organ meats and shellfishes.

Limit excessive sugar-sweetened beverages and alcohol intake.

