DIETARY MANAGEMENT OF HYPERLIDPIDAEMIA

What is Hyperlipidaemia (High Cholesterol)?

- Cholesterol is a waxy, fat-like substance found in the blood.

- Hyperlipidaemia (high cholesterol) occurs when there is an increase in lipid (fats) level in the blood.
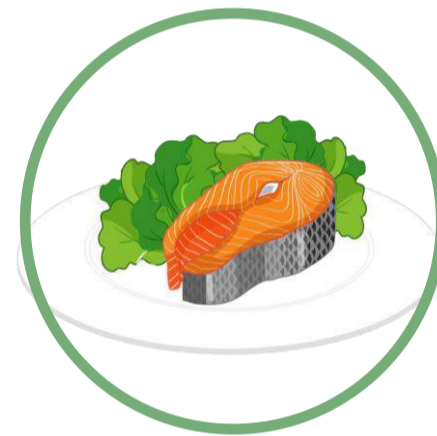
Normal Artery

Narrowing of Artery

Healthy Eating Tips for Managing Cholesterol

Eat more wholegrains and soluble fibre (e.g. legumes, oats)

Eat a variety of fruits and vegetables

Choose unsaturated fats (e.g. nuts, salmon, mackerel)

Limit overall dietary cholesterol (e.g. meat, shellfish)

Reduce saturated fats intake. Choose low-fat protein sources (e.g. low-fat dairy products)

Have a plant-rich diet and aim for 2-3g of plant sterols/stanols per day (e.g. 3 cups/day)

Limit excessive sugar-sweetened beverages and alcohol intake

Scan Here for More Information on Managing Hyperlipidaemia