

Cholesterol-lowering food list

Heart Tracker

hearttracker.app

A shopping list for lowering LDL cholesterol: what to eat more of, what to swap and what to limit.

Eat more

Oats and wholegrains

- ☐ Porridge oats, oat bran
- ☐ Pearl barley
- ☐ Wholemeal or seeded bread
- ☐ Brown rice, quinoa, bulgur
- ☐ Wholewheat pasta

Beans and pulses

- ☐ Lentils (red, green, brown)
- ☐ Chickpeas, hummus
- ☐ Kidney, black or pinto beans

Soy foods

- ☐ Tofu, tempeh
- ☐ Edamame
- ☐ Unsweetened soy milk

Nuts and seeds

- ☐ Almonds, walnuts
- ☐ Unsalted mixed nuts
- ☐ Pumpkin, chia or flaxseeds

Healthier fats

- ☐ Extra virgin olive oil
- ☐ Rapeseed (canola) oil
- ☐ Avocado
- ☐ Oily fish: salmon, mackerel, sardines

Fruit and vegetables

- ☐ Aubergine (eggplant), okra
- ☐ Apples, berries
- ☐ Broccoli, spinach, leafy greens

Optional

- ☐ Plant sterol-fortified spread, yoghurt or milk*

Limit

- ☐ Fatty and processed meat: sausages, bacon, salami, burgers, pork belly
- ☐ Butter, lard, ghee, dripping
- ☐ Cream, full-fat cheese
- ☐ Coconut oil and palm oil
- ☐ Pastries, pies, cakes and biscuits
- ☐ Deep-fried food and fried takeaways
- ☐ Sugary drinks and sweets (raise triglycerides)
- ☐ Alcohol (raises triglycerides)

Saturated fat is the main thing to cut. It makes your liver produce more LDL and clear less of it.

Swap

INSTEAD OF	CHOOSE
Butter for frying and roasting	→ Olive or rapeseed oil
Butter on toast	→ Olive-oil spread or mashed avocado
Coconut oil	→ Extra virgin olive oil
Whole milk	→ Skimmed, or unsweetened soy or oat milk
Cream in sauces and soups	→ Blended silken tofu, oat cream or low-fat Greek yoghurt
Full-fat cheese	→ Half the amount of a mature cheese, or reduced-fat cheese
All-beef mince	→ Half lean mince, half cooked lentils
Chicken with the skin on	→ Skinless chicken or turkey breast
Bacon, sausages, salami	→ Tempeh, beans, roast chicken or baked tofu
White bread, rice and pasta	→ Wholegrain versions, barley or quinoa
Sugary breakfast cereal	→ Porridge or a plain oat cereal
Crisps (chips)	→ Roasted chickpeas, air-popped popcorn or unsalted nuts
Milk chocolate	→ A square or two of 70%+ dark chocolate
Pastries and biscuits	→ Oat-based bakes or fruit
Sugary drinks and fruit juice	→ Water, sparkling water or unsweetened tea

Keep saturated fat low

AHA: under 6% of calories, about 13 g a day on 2,000 calories.

NHS: no more than 30 g a day for men, 20 g for women.

Find your own limit: hearttracker.app/tools/saturated-fat-calculator

Portfolio Diet: daily amounts

About **20 g** viscous fibre (oats, barley, beans), **40 g** soy or other plant protein, **28 g** nuts (a small handful) and **2 g** plant sterols, on top of a low-saturated-fat diet.

More: hearttracker.app/blog/portfolio-diet

*UK: NICE doesn't advise plant sterols to prevent heart disease, so talk to your GP before relying on them. General information, not medical advice. If you have allergies, a medical condition or take medicines, check with your doctor or a dietitian before big changes.

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