

## ON DIET - HYPERCHOLESTRAEMIA

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none"><li>● Whole grains &amp; millets</li><li>● Apple (only 1 apple weekly twice or thrice), Guava, Papaya, Melon, Plum Pear, Apricot, Pomegranate, Gooseberry</li><li>● Bottle gourd, ridge gourd, round gourd, radish pumpkin, peas, fenugreek, cucumber, beetroot, ginger, green pepper, coriander</li><li>● Almond, Walnuts, Pumpkin seeds, Chia seeds, Flax seeds, Sesame seeds</li><li>● Kidney beans, lentils, chick peas, black eyed peas</li><li>● Lean meats, nuts, olive oil, safflower oil</li><li>● Whole milk dairy products</li><li>● Egg white / boiled egg</li></ul>	<ul style="list-style-type: none"><li>● Maida, white rice</li><li>● Mango, litchi, grapes, dates</li><li>● Potato, taro root, yam</li><li>● Full fat milk and cream, butter, full fat yogurt, cheese, condensed milk</li><li>● Carbonated beverages, packaged soup &amp; fruit juices</li><li>● Red meat, prawns</li><li>● Pistachio, cashew, Raisins, Peanuts</li><li>● High fat dairy products, chocolate, baked goods, deep fried and processed foods</li><li>● French fries</li></ul>

### **Diet instructions**

Use healthier fats

Eat lots of fruits and vegetables

Limit intake of salt

### **Advice**

Maintain healthy lifestyle – healthy eating, weight management, regular physical activity