

WellbeingZone

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online wellbeing
resource...

Cholesterol and how to reduce it

Changes you can make today...

There are two main types of fat - saturated & unsaturated. Eating foods that are high in saturated fat can raise cholesterol levels. Most people in the UK eat too much saturated fat which is found in foods like:

- meat pies, sausages and fatty cuts of meat
- butter, ghee, lard , cream, hard cheese
- cakes and biscuits
- foods containing coconut or palm oil

But unsaturated fat can actually reduce cholesterol levels. So try to eat more foods that are high in unsaturated fats, including:

- oily fish
- avocados
- nuts and seeds
- vegetable oils, sunflower/olive oils and spreads

As part of a healthy diet, we should try to cut down on foods containing hydrogenated or saturated fats and replace them with unsaturated fats.

Read the Healthy Life articles in our Advice Centre for more help & tips on healthy eating.



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