



Nutrition and dietetics

Cholesterol

Cholesterol is a fatty substance that is naturally found in the blood. Our livers make cholesterol from the saturated fats found in food and we use it in every cell throughout the body. Although we need it, too much cholesterol can increase the risk of heart and circulatory diseases such as coronary heart disease and strokes. The National Institute for Health and Clinical Excellence (NICE) suggests that people who are at risk of developing coronary heart diseases should limit their cholesterol to 300mg per day.

This leaflet should enable you to make better choices to lower your cholesterol intake. We recommend that you do not follow this for more than three months without attending a consultation with a dietitian.

Dairy	Mg per size stated
Skimmed milk (100ml)	3
Semi skimmed milk (100ml)	6
Whole milk (100ml)	14
Soya milk (100ml)	0
Brie (25g)	23
Cheddar (25g)	24
Cottage cheese (75g)	12
Fromage frais - fruit (125g)	25
Low fat yoghurt - plain (125g)	1
Standard yogurt - plain/fruit (125g)	14/4

Proteins	Mg per size stated
1 boiled egg	193
Beef/pork (50g)	49
Lamb (50g)	50
Chicken (50g)	45
White fish (125g)	69
Prawns (100g)	200
Offal - kidney/liver (100g)	610/400
Carbohydrates	
Dry breakfast cereals, brown/white bread	0
Rice/pasta	0
Egg noodles (46g)	3
Fruit and Vegetables	
Fresh fruit and vegetables	0
Fats	
Butter (7g)	15
Blended spread - 40% fat (7g)	3
Blended spread - polyunsaturated - 70% fat (7g)	Trace
Blended spread - 60% fat with olive oil (7g)	0
Other	
Plain chocolate (100g)	6
Milk chocolate (100g)	23
Crisps	0
Alcohol	0

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the nutrition and dietetics team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਨਮੁਨੇ ਆ ਮਾਭਿਨੀ ਪੀਠ ਪਾਥਾਮਾਂ ਅਥਵਾ ਪੀਠ ਆਕਾਹਮਾਂ ਜ਼ਿੰਦਗੀ, ਨੀ ਕੁਧਾ ਕਰੀਨੇ ਅਮਨੇ ਪੁਠੀ ਯਦਿ ਆਪਕੀ ਯਹ ਜਾਨਕਾਰੀ ਕਿਸੀ ਦੂਸਰੀ ਭਾਸ਼ਾ ਯਾ ਆਕਾਰ ਮੈਂ ਚਾਹਿਏ ਹੀ ਤੀ ਕੁਧਾ ਹਮ ਸੇ ਪੁਠੀ

若您需要本信息的另一种语言或格式的版本文，请与我们联系

ਨੇਵਰ ਤੁਹਾਨੂੰ ਠਿਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਸ਼ਬਦ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁਠੀ

اگر آپ کو یہ معلومات کسی دوسری زبان میں کسی دوسرے طریقہ سے درکار ہوں تو براہ کرم ہماری سر سے پوچھیں۔۔۔

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford, OX3 7JX

Switchboard 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

This leaflet was provided by registered dietitians.

The nutrition and dietetics department is part of our Older People Directorate.

OP 026.14