



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Instructions for High Cholesterol Patient

Instructions for high cholesterol patient

Main steps to prevent high fat and cholesterol in the blood

- 🍏 Following a daily healthy balanced diet.
- 🍏 Avoid obesity through reaching an ideal body weight and maintaining it.
- 🍏 Doing exercises and physical activities regularly.
- 🍏 Stay away from foods with high fat content.
- 🍏 Eating more dietary fibers like bran, vegetables and fruits.
- 🍏 Avoid eating food that contain high proportions of cholesterol such as egg yolk, liver, brain, butter, shrimp, sausage, and hotdogs.

- 🍏 Moderate intake of red meats and remove the fat layer of the meat and remove the chicken skin before cooking always.
- 🍏 Cook with **steam**, **boiling**, and **oven** and stay away from frying.
- 🍏 Use minimum amount of vegetable oils such as corn oil, olive oil, sunflower oil. And avoid animal fats such as margarine and butter.
- 🍏 Replace full-fat milk and dairy products with **low-fat or fat free**.
- 🍏 Refrain from olives, nuts and chips because they contain high percentage of fat.
- 🍏 Abstain from sweets with high content of fat such as ice-cream, cake, chocolate, doughnuts, croissants, eastern sweets.
- 🍏 Eating two eggs only in a week and if you want to eat more you can eat egg whites only (a whole egg is equivalent to three egg whites).

- 🍏 Choose **fat free cheese** instead of full fat cheese.
- 🍏 Don't use mayonnaise and ready-made sauces with high content of fat and replace them by adding vinegar and lemon juice and low-fat yogurt.
- 🍏 Avoid using tomato paste in cooking and replace it with fresh tomato juice.
- 🍏 Use non adhesive cooking pots to reduce the need for oil and fat when cooking.
- 🍏 Don't use readymade broth cubes and replace it with boiled chicken broth or free fat meat and add spices like onions, celery, carrots if desired then leave it to cool and remove the fat layer on the surface, this broth can be used to cook multiple varieties of food.

لأن الوعي وقاية ..

إدارة التغذية الصحي

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