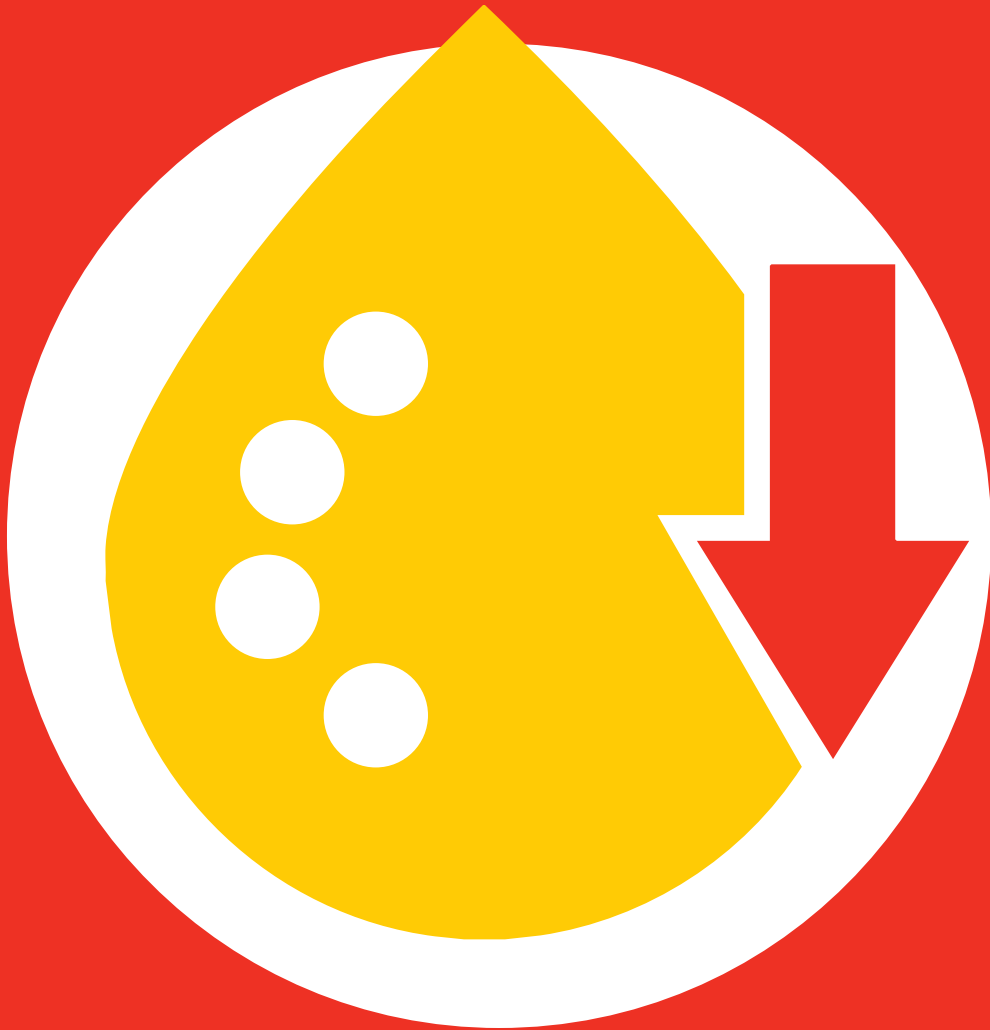




# **Cholesterol-lowering meal plan**

## Key principles of a cholesterol-lowering plan

This plan focuses on increasing fibre-rich foods, choosing healthy fats, eating more wholegrains and reducing saturated fat. Together, these changes can help lower LDL (or 'bad') cholesterol and support long-term heart health.

### Why it works



**High-fibre foods** lower cholesterol. Fibre binds to cholesterol in the digestive system and helps to remove it from the body before it enters the bloodstream.



**Healthy unsaturated fats** help reduce LDL ('bad') cholesterol when they replace foods high in saturated fat, while also providing essential fatty acids for the eyes, brain and your hormones.



**Oily fish** provide omega-3 fats, which support heart health and can help lower triglycerides (a type of blood fat) and reduce your risk of cardiovascular disease.



**Low-fat cooking methods (like grilling, baking, steaming, poaching and air-frying)** help reduce the amount of added fat in meals. This will help you cut down on the amount of saturated fat you eat.



**Limiting saturated fats (like butter, cream, fatty meats and processed foods)** helps lower LDL ('bad') cholesterol because saturated fat encourages the liver to produce more cholesterol.



**Choosing wholegrains instead of white bread, pasta and rice** increases your fibre intake, which can help reduce cholesterol absorption and improve your overall heart health.

Below is a list of options for breakfast, lunch and dinner which you can pick and choose from to create your own personalised **7-day cholesterol-lowering meal plan**.



★ Remember, healthy eating doesn't have to be complicated.

★ You do not need to choose a new option every day. For example, some people choose to have the same breakfast or lunch every day.

★ The most important thing is that your meal is nutritious and you enjoy it.

Batch cooking can be a great option too so you can have dinner ready for a few days in a row.

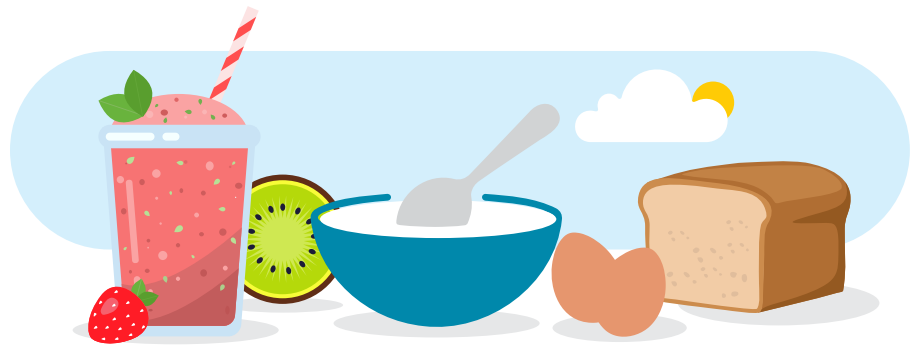


We have provided you with a blank meal plan at the back where you can fill in the options that work best for you. Why not stick it on the fridge to keep you motivated?



## 10

## Breakfast options

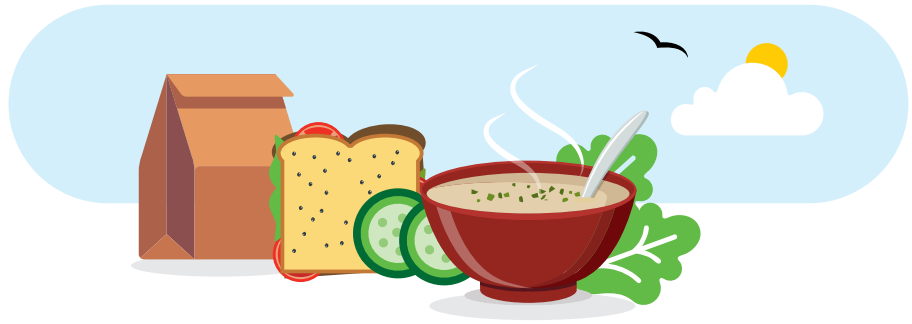


## Why it helps cholesterol

- |    |                                                                                                                            |                                                                                                                                                     |
|----|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | <a href="#"><u>Irish Heart cholesterol lowering porridge bread</u></a> with fresh chia berry jam.                          | Oats provide soluble fibre which helps lower LDL cholesterol. Chia seed jam provides healthy fats and is generally lower in sugar than regular jam. |
| 2  | Wholegrain toast with sliced avocado and diced tomato.                                                                     | Healthy unsaturated fats replace butter. Try adding a squeeze of lemon or lime for flavour instead of salt.                                         |
| 3  | <a href="#"><u>Irish Heart overnight oats</u></a> with apple, cinnamon and chia seeds.                                     | Soluble fibre and low in saturated fat.                                                                                                             |
| 4  | <a href="#"><u>Irish Heart porridge</u></a> with blueberries, ground flaxseed and walnuts.                                 | High fibre plus healthy omega-3 fats.                                                                                                               |
| 5  | 200g of natural yoghurt with 2 spoons of low-sugar toasted granola and berries.                                            | Natural yoghurt contains probiotics which can help the gut process cholesterol.                                                                     |
| 6  | <a href="#"><u>Irish Heart caramelised banana and nut butter toast.</u></a>                                                | Wholegrain bread and nuts for healthy fats and fibre.                                                                                               |
| 7  | Smoothie with spinach, oats, banana and unsweetened soy milk.                                                              | Fibre-rich and low in saturated fat.                                                                                                                |
| 8  | <a href="#"><u>Irish Heart porridge</u></a> with sunflower seeds, stewed pears and cinnamon.                               | Soluble fibre and healthy fats.                                                                                                                     |
| 9  | <a href="#"><u>Irish Heart cholesterol-lowering bread</u></a> with baked beans and a handful of spinach or roasted tomato. | High fibre and healthy fats.                                                                                                                        |
| 10 | High-fibre cereal (like bran flakes or Weetabix) with chopped apples, chia seeds and low fat or soya milk.                 | A quick option that's high in fibre and healthy fats.                                                                                               |

## 10

## Lunch options

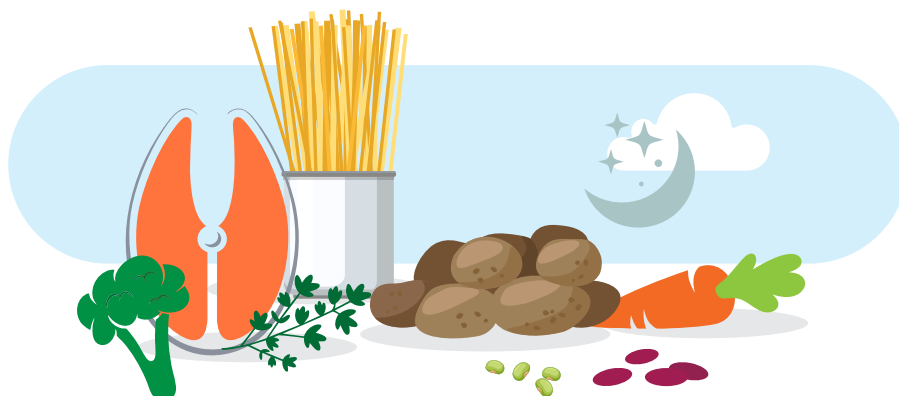


## Why it helps cholesterol

- |    |                                                                                            |                                                                                      |
|----|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1  | <a href="#">Irish Heart avocado</a> toast with smoky black beans.                          | High fibre and healthy fats.                                                         |
| 2  | <a href="#">Irish Heart happy heart dal.</a>                                               | Low in saturated fat and rich in soluble fibre.                                      |
| 3  | Chickpea, cucumber and tomato salad with olive oil dressing.                               | High fibre and healthy fats. Can pair with high fibre crackers for varying textures. |
| 4  | Wholemeal pita filled with tinned tuna, 1 tsp low-fat mayo, sweetcorn and butter beans.    | Omega-3 fatty acids.                                                                 |
| 5  | Wholegrain wrap with grilled chicken breast, green leafy salad, red peppers and hummus.    | Low saturated fat and high in fibre.                                                 |
| 6  | <a href="#">Irish Heart loaded Caribbean-style sweet potatoes with spiced black beans.</a> | Fibre-rich beans and vegetables.                                                     |
| 7  | Barley and roasted vegetable salad.                                                        | Soluble fibre, low in fat.                                                           |
| 8  | <a href="#">Irish Heart 15-minute satay stir fry.</a>                                      | High in soluble fibre and healthy fats.                                              |
| 9  | Vegetable and hummus sandwich on <a href="#">cholesterol-lowering bread.</a>               | High fibre and omega-3 fats.                                                         |
| 10 | Lentil soup with a slice of wholegrain bread.                                              | Fibre and plant protein.                                                             |

## 10

## Dinner options



## Why it helps cholesterol

- |    |                                                                                                     |                                                                                                                                                                                     |
|----|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | <a href="#"><u>Irish Heart baked garlic and herb salmon with mixed vegetables.</u></a>              | Omega-3 rich fish and plenty of vegetables.                                                                                                                                         |
| 2  | Turkey chilli with kidney beans.                                                                    | Replacing regular mince with turkey mince reduces saturated fat. Kidney beans are high in soluble fibre.                                                                            |
| 3  | <a href="#"><u>Irish Heart vegetable and chickpea curry with brown rice.</u></a>                    | High fibre and plant protein.                                                                                                                                                       |
| 4  | <a href="#"><u>Irish Heart Italian baked salmon with Tenderstem broccoli and baby potatoes.</u></a> | Omega-3 fats and high in fibre.                                                                                                                                                     |
| 5  | Wholewheat pasta with lentil bolognaise.                                                            | Traditional comfort food with less saturated fat.                                                                                                                                   |
| 6  | <a href="#"><u>Irish Heart lentil, mushroom and double potato bake</u></a>                          | Plant-based protein and fibre.                                                                                                                                                      |
| 7  | Grilled cod with roasted vegetables and pearl barley.                                               | Lean fish and wholegrains.                                                                                                                                                          |
| 8  | Stir-fried tofu and vegetables with brown rice.                                                     | Low saturated fat and high fibre. Tofu can replace the protein element in any stir-fry. Plant protein will help reduce cholesterol when replacing proteins higher in saturated fat. |
| 9  | <a href="#"><u>Irish Heart South-east Asian prawn noodle broth.</u></a>                             | Lean protein, low in saturated fat.                                                                                                                                                 |
| 10 | Chicken tray bake with vegetables, olive oil and herbs.                                             | Low-fat cooking method and lots of vegetables.                                                                                                                                      |

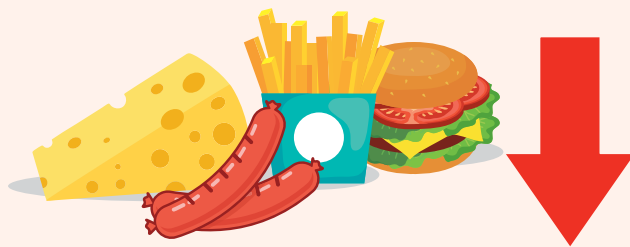
## Aim to **include** several of these across the week:

- ✓ Oats or barley
- ✓ Beans, lentils or chickpeas
- ✓ At least 5 portions of fruit and vegetables
- ✓ Nuts (especially walnuts and almonds)
- ✓ Seeds (chia, flax, pumpkin)
- ✓ Olive oil or rapeseed oil
- ✓ Wholegrain breads, cereals and pasta
- ✓ Oily fish 1 to 2 times weekly



## Aim to **limit** these foods across the week:

- ✓ Butter
- ✓ Cream
- ✓ Full-fat cheese (large amounts)
- ✓ Sausages, rashers, black pudding
- ✓ Pastries and cakes
- ✓ Takeaways and fried foods
- ✓ Coconut oil and palm oil products



## Healthy snack ideas (optional):

- ✓ Fruit (apple, pear, orange, berries)
- ✓ Handful of unsalted nuts
- ✓ Natural yoghurt
- ✓ Vegetable sticks with hummus
- ✓ Wholegrain crackers
- ✓ Oatcakes
- ✓ Small portion of seeds (linseed, sunflower, pumpkin)

# Weekly meal planner

Goal(s) for this week:

Name .....

Week beginning .....



|              | Breakfast | Lunch | Dinner | Snacks (optional) |
|--------------|-----------|-------|--------|-------------------|
| <b>Mon</b>   |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |
| <b>Tues</b>  |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |
| <b>Wed</b>   |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |
| <b>Thurs</b> |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |
| <b>Fri</b>   |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |
| <b>Sat</b>   |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |
| <b>Sun</b>   |           |       |        |                   |
|              |           |       |        |                   |
|              |           |       |        |                   |

## Weekly Checklist

Eat at least 5-7 portions of fruit and vegetables daily

☐

Include beans, peas, lentils or chickpeas regularly

☐

Choose wholegrain breads, cereals and pasta

☐

Include oily fish 1-2 times per week

☐

Use olive or rapeseed oil instead of butter

☐

Limit foods high in saturated fat

☐

Drink plenty of water

☐

## Notes...

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---