



Six Cholesterol Busting Foods

Over half of UK adults have raised cholesterol which can lead to heart disease.

This month is HEART UK's National Cholesterol Month, so as part of your healthy heart diet, keep your eye out for these Six Cholesterol Busting Foods. The more you add to your diet, the more they can help lower your cholesterol.



Foods rich in unsaturated fats- vegetable oils, avocado, nuts and seeds, oily fish



Fruit and vegetables- Remember your Five-a-Day



Nuts- Almonds, Macadamias, Brazil nuts, Cashew nuts, Hazelnuts, Pistachios, Walnuts, Peanuts, Pecans



Oats and barley- oat-based breakfast cereal flakes and porridge



Foods with added sterols and stanols- mini yogurt drinks, fat spreads, milk and yogurts



Soya foods- full of protein, vitamins and minerals, and low in saturated fat

Find out how much you know about cholesterol with HEART UK
www.heartuk.org.uk/national-cholesterol-month/2020

#NCMHeartUK #NationalCholesterolMonth



HEART UK
THE CHOLESTEROL CHARITY

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