



**My cholesterol level is too high,
what should I do now?**

What is (elevated) cholesterol?

Cholesterol is a fatlike substance in our body. We need cholesterol (it is building material for cells and hormones), but too much of it increases the risk of cardiovascular diseases.

Cholesterol consists of `good´ HDL cholesterol and `bad´ LDL cholesterol. Your cholesterol is too high if:

- Your total cholesterol (LDL + HDL) is > 190 mg/dL (a value between 190 mg/dL and 240 mg/dL is a moderate increase, a value > 240 mg/dL is a large increase)
- Your LDL cholesterol is > 115 mg/dL (depending on your risk profile, your GP may recommend lower levels of LDL cholesterol)

HDL cholesterol should exceed 35 mg/dL for men and 45 mg/dL for women.

How to lower your cholesterol?

- Ensure a balanced diet
- Watch your weight and move sufficiently
- Find ways to better manage stress
- Don´t smoke
- Moderate alcohol use
- Don´t use too much salt



What to eat best and what to avoid?

| | Healthy choice: | Less healthy choice: |
|-------------------------|--|--|
| Fatty substances | <ul style="list-style-type: none"> • Margarine, minarine • Liquid vegetable oils (e.g. olive oil) | <ul style="list-style-type: none"> • Coconut fat, coconut oil • Palm kernel oil • Mayonnaise |
| Eggs | <ul style="list-style-type: none"> • Egg white, egg yolk (3 times per week maximum) | <ul style="list-style-type: none"> • Egg yolk (> 3 times per week) |
| Meat, game and poultry | <ul style="list-style-type: none"> • Chicken and turkey • Veal: minced meat, cutlet, roast • Lamb fillet • Horse meat • Beef: minced meat, steak, roast beef, american, beef burger • Pork: tenderloin and fillet cutlet | <ul style="list-style-type: none"> • Beef: bratwurst, rolled fillet, pot roast • Pork: minced meat, bacon, spare ribs • All kinds of mixed minced meat • Mutton • White and black sausages (pudding), cordon bleu, 'boomstammetjes' and other meat preparations |
| Fish | <ul style="list-style-type: none"> • All species of fish, clams and oysters • Canned fish: in own juice • Smoked fish • Limited quantities: shrimp, lobster, crab | <ul style="list-style-type: none"> • Breaded and fried fish |
| Milk and dairy products | <ul style="list-style-type: none"> • Semi-skimmed/skimmed milk • Butter milk • Skimmed/semi-skimmed yogurt • Soy milk, soy pudding, soy yogurt, soy cream • Low-fat ice cream, frozen yogurt | <ul style="list-style-type: none"> • Whole milk • Condensed milk • Coffee creamer • Full-fat yogurt • Whipped cream, cream and sour cream • Ice cream, soy ice cream |
| Cheese | <ul style="list-style-type: none"> • Low-fat cheese (fat content up to 30+) | <ul style="list-style-type: none"> • Cheese with a higher fat content (> 30+) |

| | Healthy choice: | Less healthy choice: |
|---|---|--|
| Vegetables | <ul style="list-style-type: none"> • All non-prepared vegetables: fresh, frozen, canned, dried | <ul style="list-style-type: none"> • All prepared vegetables: fresh, frozen, canned |
| Potatoes | <ul style="list-style-type: none"> • Boiled, steamed, prepared with skin • In oven or air fryer: homemade fries, homemade • Mashed potatoes with limited added fat, milk, without eggs | <ul style="list-style-type: none"> • Ready-to-eat potato preparations • Gratin dauphinois • Fried potatoes • In deep fryer: purchased pre-cooked fries, fresh or frozen • In deep fryer: homemade fries, croquettes |
| Bread, pastry and other cereal products | <ul style="list-style-type: none"> • Whole wheat, brown bread and multigrain bread • French bread, piccolo • Oat flakes, gingerbread, rice cake • Whole wheat pasta products | <ul style="list-style-type: none"> • Milk bread, brioche, sugar bread, currant bread • Sandwiches, chocolate pastry, croissants, butter cookies, coffee pastry • Ready-to-eat preparations with pasta products |
| Nuts | <ul style="list-style-type: none"> • Walnuts, almonds, hazelnuts, cashew nuts, pistachios, macadamia nuts, pecan nuts, peanuts | <ul style="list-style-type: none"> • Coconuts, salted nuts, cocktail nuts |
| Drinks | <ul style="list-style-type: none"> • Homemade fruit juices/vegetable juices (limited) | <ul style="list-style-type: none"> • Sugar-sweetened soft drinks, fruit juice • Alcohol |
| Soup | <ul style="list-style-type: none"> • Low-fat vegetable soup • Defatted broth | <ul style="list-style-type: none"> • Creamy soup • Fatty broth • Soup with meatballs and/or croutons |