

LIVING WITH FH

eat HEALTHY

Healthy eating is important for everyone - But having FH means it's really important to keep our cholesterol levels low. This helps to keep our hearts and bodies healthy as we grow up.

Eating too many foods that contain unhealthy fats can increase the cholesterol in our blood. Some foods have more than others, so it's best to eat these less often or avoid them altogether!



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NATIONAL
LOTTERY FUNDED



HEART UK
THE CHOLESTEROL CHARITY

SPOT IT...

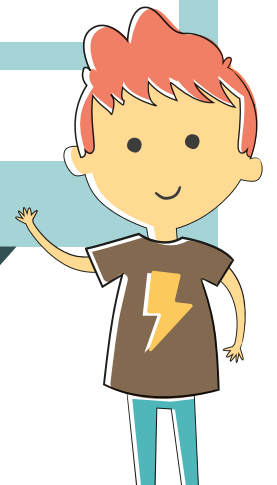
- vegetable spreads 
- low fat yoghurt
- chicken, fish, Quorn and tofu 
- oatcakes, bagels & crumpets 
- wholegrain bread
- nuts, seeds & plain popcorn 
- Muesli or porridge 
- semi skimmed (green cap) or skimmed (red cap) milk 
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DROP IT...

- Butter 
- full fat yoghurt
- sausages, burgers & fatty meats 
- cakes, biscuits & doughnuts
- white bread 
- crisps, sweets & chocolate 
- sugary cereals
- full cream milk (blue cap) 
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SEE IF YOU CAN FIND
OTHER FOODS
TO ADD TO THE LIST...



making GOOD FOOD choices

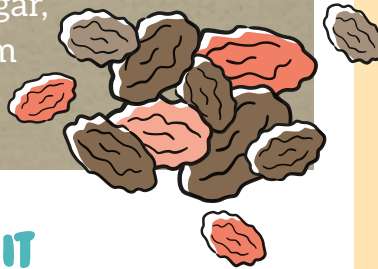
FRESH IS BEST and will provide the essential vitamins, minerals and fibre your body needs.

But...

FROZEN
is just as
GOOD

DRIED FRUIT, LIKE RAISINS & DATES ARE GREAT TOO

but remember they do have a lot of sugar, so only eat them at mealtimes!



CANNED FRUIT & VEGGIES ARE ALSO HEALTHY

(especially if they don't have any added sugar or salt).



FRUIT JUICE & SMOOTHIES ARE FUN TO DRINK

but they can be high in sugar, so only have a small glass each day.



Your mission...

Try eating at least

FIVE

different types of
FRUIT & VEGGIES
every day.

