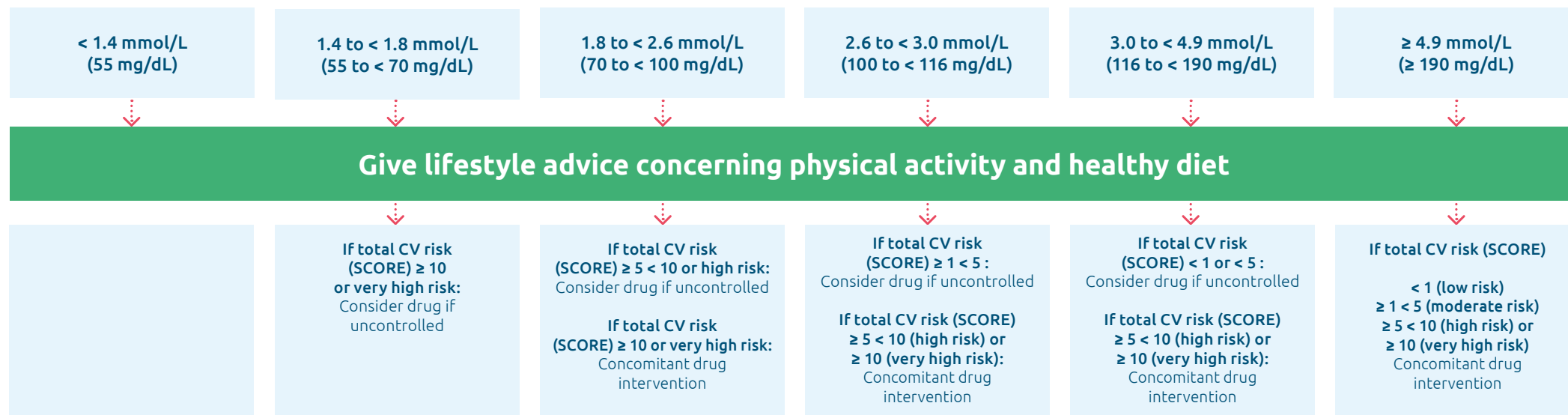


### Untreated LDL-Cholesterol levels in Primary Prevention \*



\* Secondary Prevention: Lifestyle intervention and concomitant drug treatment irrespective of total cholesterol levels for all individuals with LDL-C > 1.4 mmol/L (55 mg/dL). Individuals with LDL-C < 1.4 mmol/L (55mg/dL): Lifestyle intervention, consider adding drug if uncontrolled.

### Elements of a Healthy Diet



Encourage consumption of fruit (2-3 servings / day), vegetables (2-3 servings / day), legumes, nuts, wholegrain cereal foods and (oily) fish (1-2 servings / week)



Reduce foods rich in trans or saturated fat (e.g. fatty or processed meat, sweets, cream, butter, solid margarines, regular cheese) and replace them with the foods recommended above and with monounsaturated fat (e.g. olive or rapeseed oil) and polyunsaturated fat (vegetable oils, soft spreads)



Dietary fibre 25-40 g / day, including at least 7-13 g of soluble fibre – preferably from wholegrain products (e.g. oats and barley)



Added sugar intake max 10% of energy; limit the intake of soft drinks and foods with added sugar



Alcohol intake: < 10g (1 unit/day) for both men and women



Limited salt intake < 5 g / day

### Additional advice to support LDL-Cholesterol reduction



Reduce dietary cholesterol

Increase the intake of (soluble) dietary fibre

Consider foods with added plant sterols / stanols as a dietary adjunct to further lower elevated LDL-cholesterol

### Further Lifestyle Advice

#### Physical Activity



3.5 - 7 h moderately vigorous physical activity per week or 30 - 60 minutes most days.



Any activity is better than none and more activity is better than some.

#### Smoking



Stop smoking and avoid exposure to tobacco in any form

