Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
**Nutrition & Dietetics**

# Diet for Hyperlipidemia

## What is hyperlipidemia?

Lipids are fats in your blood. Hyperlipidemia means you have too much fat in your blood. This increases your risk of heart disease. Your lipid test checks the following:

| | What it measures | Healthy Levels |
|---|---|---|
| **Total Cholesterol** | All the cholesterol in your blood | < 5.2mmol/L (< 200mg/dL) |
| **Triglycerides "TG"** | A type of fat in your blood that can increase your risk of heart disease | < 1.7mmol/L (< 150mg/dL) |
| **High-Density Lipoprotein "HDL"**   | "Good" cholesterol - helps remove cholesterol from your arteries. Higher HDL means lower risk of heart disease | > 1.5mmol/L (> 60mg/dL) |
| **Low-Density Lipoprotein "LDL"**   | "Bad" cholesterol - carries cholesterol to your arteries and causes blockages. These blockages can slow down or stop blood flow, causing heart attacks or strokes. Higher LDL means higher risk of heart disease | < 2.6mmol/L (< 100mg/dL) |

## What are the different types of fat?

| Type of Fat | Effect on Blood Lipids | Food Sources | |
|---|---|---|---|
| | | **Animal** | **Plant** |
| **Saturated Fat** | Increases LDL [bad cholesterol] | Animal Fat<br>Fatty meat<br>Poultry skin<br>Full cream dairy products<br>Condensed milk<br>Ghee | Coconut oil<br>Coconut milk<br>Palm oil<br>Non-dairy creamer |
| **Trans Fat** | Increases LDL [bad cholesterol], decreases HDL [good cholesterol] | --- | Hardened margarine<br>Baked products<br>Candies<br>Chocolates |
| **Monounsaturated Fat** | Decreases LDL [bad cholesterol], increases HDL [good cholesterol] | --- | Canola oil<br>Olive oil<br>Sesame oil<br>Nuts and Seeds<br>Avocado |
| **Polyunsaturated Fat**<br>- **Omega 3**<br>- **Omega 6** | Decreases TG [triglycerides], decreases LDL [bad cholesterol] | Oily fish [like salmon, sardines, mackerel, herrings] | Soybean oil<br>Flaxseed oil<br>Sunflower oil<br>Corn oil |

# Tips for heart health:

**Replace Saturated Fats with Mono and Polyunsaturated Fats:**

- Choose cooking oils high in unsaturated fats [like canola, olive, sunflower, or peanut oil]
- Choose nuts, seeds, and avocados [these contain monounsaturated fats]
- Use low-fat milk for cooking instead of coconut milk or full cream milk
- Choose plant-based proteins [like tofu and legumes] instead of animal proteins



**(A) Eating out:**

- Choose soup noodles instead of fried noodles
- Eat deep-fried food only 2 times per week
- Choose plain rice over flavored rice
- Do not eat the gravy
- Eat coconut-based dishes [like curry or nasi lemak] only sometimes. Choose dishes without coconut

**(B) Home Cooking:**

- Use healthier ways to cook
- Choose different types of fish, especially fish with omega 3 fatty acids [like salmon, herring, and mackerel]
- Include foods high in monounsaturated fats [healthy fats] in your diet
- Use a non-stick pan for cooking
- Choose lean meat. Remove visible fat and skin





## Increase Fibre Intake (especially soluble fibre)

- Choose whole grains [like oats, brown rice, and wholemeal bread]
- Eat different fruits and vegetables daily. Try to eat at least 2 servings of each daily
- Include legumes in your diet [like lentils and chickpeas]



## Make Healthier Lifestyle Changes

- If you drink alcohol, drink in moderation [no more than one drink per day for women and no more than two drinks per day for men]. One standard drink equals: 1 can (330 ml) of regular beer or half glass (175 ml) of wine or 1 nip (35 ml) of spirit
- Limit sugar-sweetened drinks
- Stay active



Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

© Khoo Teck Puat Hospital Pte Ltd 2026. All rights reserved. All information correct as of JUN 2026. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Khoo Teck Puat Hospital Pte Ltd. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.

ND.PE.05.0126