



UCLP[®] AT A GLANCE

Welcome to the Ultimate Cholesterol Lowering Plan[®] (UCLP[®]), your simple, step-by-step and flexible eating plan to help maintain a normal cholesterol level.

This information sheet provides you with a brief overview of the UCLP[®]. Lots more tips and information are available at heartuk.org.uk/uclp.

Each 3 steps of the UCLP[®] are important. move through them at your own pace.

Step 1: Getting Motivated

Getting into the right mindset is important to help you succeed with making changes to your eating habits. You have to feel ready, and have clear, strong reasons for making the change.

Think about why YOU WANT to improve your cholesterol levels. What has kept you from making changes in the past? How do you think you can overcome any problems?

 **Writing these thoughts down and referring to them when your motivation is low may help you to keep with the plan.**

Step 2: Heart Healthy Foundations

There are many options to choose from in Step 2. It's best to start with heart healthy fats. Complete our quick and easy UCLP[®] Check List (heartuk.org.uk/uclp) to help you identify which part/s of Step 2 you should focus on.

Heart healthy fats • Oil-rich fish
5-a-day • Wholegrains • Healthy hydration

Take it at
your own pace
Tackle just one
to two changes
at a time...

Heart healthy fats

Reducing our intake of saturated fats and replacing with unsaturated fat, as part of a healthy diet, can help to lower our cholesterol levels.

Saturated fats are mainly found in fatty animal products e.g. butter, full fat dairy products, fatty meats, processed meat (e.g. tinned, salamis, sausages), pastries, cakes, biscuits and chocolate as well as lard, ghee, suet, coconut and palm fats.

Unsaturated fats are found in plant foods, oils and spreads such as rapeseed, peanut, olive, avocado as well as oil-rich fish.

If you are trying to lose weight remember that all types of fat provide a lot of energy [calories] so keep an eye on the total amount of fat in your diet.

Have a look at some of our suggestions on the next page to help you reduce your saturated fat intake.



Step 2: Heart Healthy Foundations Continued...

Which swaps will help you lower your saturated fat intake?

Leaner meat & more plant proteins



0.7g SAT FAT



- 👍 MORE PLANT PROTEINS. Replace half or all the meat in recipes with beans, peas, lentils, nuts, soya etc.
- 👍 Smaller quantities of lean meat, visible fat & skin removed.
- 👍 Potato topped pies.

6.4g SAT FAT



- 👎 Fatty and processed meat e.g. sausages, tinned meat, salamis.
- 👎 Visible fat and skin on meat.
- 👎 Pastry pies.

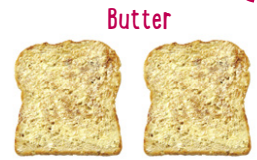


3g SAT FAT



- 👍 Vegetable oils and spreads made of them e.g. olive, rapeseed (vegetable oil), sunflower.
- 👍 Cooking methods that do not use fat e.g. boiling, dry roasting, grilling, baking.

10.4g SAT FAT



- 👎 Butter, ghee, goose, lard and duck fat.
- 👎 Coconut and palm oils and fats.
- 👎 Frying and roasting with lots of fat.

Lower fat dairy & plant-based alternatives



0.6g SAT FAT

Soya



per 100g

- 👍 Low fat or fat free milk and yogurts or calcium fortified plant-based alternatives.
- 👍 Less frequent, smaller quantities of lower fat cheddar type cheese.
- 👍 Low fat cheeses e.g. cottage cheese or Quark.

6.8g SAT FAT



Dairy



per 100g

- 👎 Full fat milk and yogurts.
- 👎 Dairy cream – all types.
- 👎 Full fat hard cheese and cream cheeses.
- 👎 Coconut milk, alternatives to yogurt and cream.
- 👎 Dairy-free cheeses made with coconut oil/fat.



1.3g SAT FAT



- 👍 Fruit: fresh, tinned or dried.
- 👍 Plain semi-sweet biscuits e.g. rich tea, morning coffee.
- 👍 Nuts (unsalted/unsweetened).
- 👍 Plain popcorn.
- 👍 Low fat or fat free yogurts and soya altern. to fruit yogurt.
- 👍 Currant/hot cross bun, teacake, scone.
- 👍 Hummous with vegetables.

8.2g SAT FAT



- 👎 Chocolate and cream filled biscuits.
- 👎 Cream filled cakes, pastries and buns.
- 👎 Chocolates and sweets.
- 👎 Crisps, chocolate/yogurt/sugar coated or salted nuts and toffee popcorn.
- 👎 Protein and energy balls.

Oil-rich fish

One to two 140g serving/s per week e.g. **mackerel, salmon, pilchards, sardines, trout**. Oil-rich fish contain long-chain omega-3 oils which, as part of a healthy diet and lifestyle, can help maintain a healthy heart.



For more ideas and top tips including eating out and ready meals, see our Heart Healthy Fats information sheet from heartuk.org.uk/uclp.

Step 2: Heart Healthy Foundations Continued...

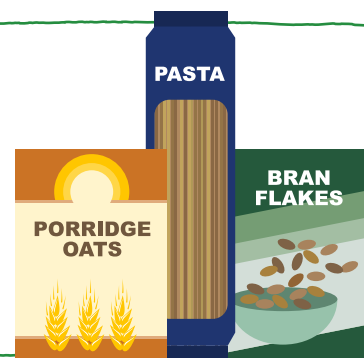
At least 5-a-day

Choose a variety of vegetables and fruits. **Canned, frozen, fresh and dried - all count!** An adult serving is 80g, a handful or 3 tbsp of fresh, frozen or canned fruit and vegetables and a tablespoon of dried fruit. More details in our **At Least 5-a-Day information sheet** - visit: www.heartuk.org.uk/uclp.



Wholegrains

Breakfast cereal such as malted wheats, shredded wheat, bran flakes, muesli etc.
Wholemeal bread, chapatti or roll.
Grains such as pasta, rice, quinoa labelled as wholemeal, wholegrain or brown.



Healthy hydration

Tap water

Naturally zero calories and sugar-free!

Other options

- Sugar-free/'diet' soft drinks.
- Tea and coffee made without sugar and lower fat milk or a calcium fortified plant-based drink.
- Coffee shops: Ask for semi-skimmed, 1% fat or skimmed milk or a plant-based drink, forgo any additional syrups and cream toppings.

! Fruit juice and smoothies

No more than a small 150ml glass a day.



Cut down & minimise

Foods high in fat, salt and/or sugars

Crisps, biscuits, cakes, Indian sweets, chocolate, pastries, buns, pies, fast foods, take-aways, pakoras, bhajis, bombay mix and salted snacks.

Salt and condiments

Do not add salt when cooking, instead use more herbs and spices and pepper. Go for lower salt and lower fat varieties of mayonnaise, salad dressings, stock cubes, ketchup and brown sauce.



Step 3: The Four UCLP[®] Foods

Once you feel your Heart Healthy Foundation diet is optimised, you can choose to add on any one or more of the following foods to help further contribute to the maintenance of normal blood cholesterol levels.

Which of the following UCLP[®] foods would you like to try first?

Soya foods

Daily servings

Start with 1 serving and gradually build up to 2-3 servings a day

- 100g firm silken tofu
- 100g soya mince, ready to use
- 80g young edamame beans (frozen)
- 35g (a handful) roasted edamame (soya) beans
- A large (250ml) glass soya drink (calcium fortified) use it in tea, coffee, on your cereal, to make smoothies and in cooking
- 150g plain soya alternative to yogurt
- 150g Greek-style soya alternative to yogurt

Soya foods, in the main, are low in saturated fat. Reducing our saturated fat intake helps towards maintaining normal cholesterol levels.



Nuts

Daily servings – a handful (approx. 30g)

Any nuts that are unsalted and unsweetened e.g. almonds, pistachios, walnuts, pecans, cashews and peanuts. Have instead of your normal snack or as part of a meal.

ALL nuts (including peanuts) are naturally high in unsaturated fats. Replacing foods high in saturated fat with foods high in unsaturated fat such as nuts, can help lower cholesterol.



Foods fortified with plant sterols or stanols*

Sterols and stanols have been proven to lower cholesterol when consumed in specific quantities.

Products will provide anything from 0.54g to 2g sterols or stanols in a single serve. Always check the label - ensure you do not exceed 3g stanols or sterols in one day.

Products clearly labelled as containing plant sterols or stanols.

ONE a day



One bottle mini drink or mini yogurt drink

OR



One 120g pot fruit yogurt

OR



One 40g fruit & nut cereal bar

OR

THREE servings of any combination



10g (2 tsp) spread



250ml skimmed milk

Consume with meals

*Please note that sterol or stanol-containing products: • Should only be used if you need to lower your cholesterol levels. • Aim for intakes of plant sterols / stanols above 1.5g and not exceeding 3g daily – always check the label. • Consume as part of a healthy balanced diet, which contains 5 servings of fruit and vegetables. • Are NOT APPROPRIATE for pregnant and breastfeeding women; or for children unless advised by a health professional

Oats & barley

Daily servings – 3 servings of oat-rich and/or barley foods

- A bowl of porridge (using 30g dry oats or an individual sachet of instant porridge)
- A serving [30-35g] oat-based breakfast cereal flakes
- 1 oat breakfast biscuit, e.g. Oatibix
- 13g (1-2 tbsp) oat bran
- 3 oatcakes
- Any recipe providing at least 30g oats per single serving (and is low in saturated fat)
- 60g (6 spoonfuls) cooked pearl barley – in stews, casseroles or salads

Oats and barley contain a special form of fibre called beta-glucan. 3g of beta-glucan daily, as part of a healthy diet and lifestyle, can help to lower cholesterol.

