



# BEYA'S UCLP© STORY



With the past few years spent juggling family life while doing a degree, wife and mum of three, Beya, 42, graduated this summer. But studying from home and being deskbound had affected her eating habits and activity levels. She'd gained weight, discovered her cholesterol level was way too high and had an NHS Heart Age of 48 years – six years older than her actual age! With a new career as a civil servant for the Scottish Government, Beya knew it was time to take action to improve her health so turned to the Ultimate Cholesterol Lowering Plan© [UCLP©] with great results.

**Beya says:** “Studying so much meant I struggled to get active. I was also skipping breakfast and lunch, and regularly eating foods high in saturated fat such as processed meats, pastries, fried foods and sugary snacks.”

## STEP 1: FINDING THE MOTIVATION

Beya's turning point came when she graduated from university in the summer. It was a proud moment for her, but she didn't like the way she looked in the photos. Her weight had reached a new high at 76.6kg – her Body Mass Index was 28 – and she was shocked to discover she had high cholesterol in her early 40s. After reflecting on the challenges she'd faced while studying and looking after her family, Beya was determined to make positive changes to her diet and lifestyle to manage her weight and cholesterol. Beya's family were very supportive and happy to try new foods and meals so they could still all eat together, making it far easier for Beya to implement changes that would benefit them all.

**Beya says:** “I liked the idea of the Ultimate Cholesterol Lowering Plan© [UCLP©] as I already enjoyed eating fruit, veg, beans, lentils and occasionally fish.”

## UCLP© STEP 2: GETTING THE BASICS IN PLACE



Beya's first challenge was to tackle meal skipping and establish a healthy eating pattern throughout the day, so breakfast and lunch came onto the menu. Cutting down on foods high in saturated fat is a main focus of the UCLP©, so Beya also began including more plant and alternative proteins which were also low in saturated fat in meals. As a family they tried lots of foods they'd never considered before such as mycoprotein and soya products. Quorn (mycoprotein) Mince<sup>1</sup> and bean tacos, lentil dhal, and tofu stir fry with veg and cashew nuts quickly became family favourites

and helped to reduce the amount of meat they all ate. Allowing meat in the diet, but less frequently and leaner varieties, helped to make this a more achievable plan. Beya also started adding beans and lentils to soups, stews and salads to add protein and fibre.

**Beya says:** *“I didn’t realise how much lower in saturated fat plant and alternative protein foods are and how they could help me manage my cholesterol. I was also surprised at how tasty meals with plant and alternative proteins were – and how they were often cheaper and quicker to prepare and cook.”*

Beya also started reading food labels, especially looking at the saturated fat content of products, and made simple and mindful changes when cooking to reduce the saturates in family meals, for example using a soya alternative to cream in veggie curries and opting for olive or rapeseed oil instead of butter.

### STEP 3: ENJOYING UCLP© FOODS

The ULCP© recommends adding four foods that can help people manage their cholesterol. Beya found it easy to add in three of these: soya,<sup>1</sup> nuts and oats.<sup>2</sup> Breakfast was a key time for this. No longer skipping this meal, she enjoyed overnight oats made with fortified soya alternatives to milk and yogurt, topped with berries, dried fruits, nuts or seeds. She and her daughter also incorporated oats into home baking for times when the family wanted a sweet treat, although Beya admits that while following the ULCP©, she felt less need to have something sweet like chocolate or cake. Oats are an especially good option to add to our diet as they contain beta-glucan, a type of fibre that’s proven to help lower cholesterol when enjoyed as part of a balanced and varied healthy diet and lifestyle.<sup>2</sup>



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### MOVING MORE

Beya set two initial goals to get active: to walk more with the aim of reaching 10,000 steps each day, and to fit in some structured workouts each week. She achieved this despite a busy schedule and has found it’s benefitted her both physically and mentally. In the past when she’d exercised, most of the protein in her diet came from animal foods such as meat, often high in saturated fat. Now she realises plant and alternative proteins are just as good for building and maintaining muscle – but with far less saturated fat to help manage cholesterol levels.



## THE WINNING RESULTS

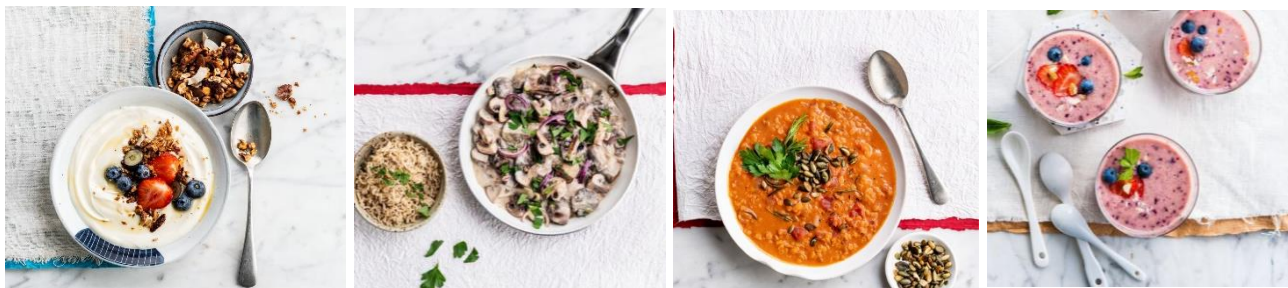


Making some simple diet and exercise changes have had a big impact on Beya. In just ten weeks on the UCLP© she's **lost 8.6kg and 17cm from her waist** and her **Body Mass Index is now almost at 24.9** – far closer to the healthy weight range [BMI 19-24]. Equally impressive were Beya's cholesterol results. After just ten weeks on the UCLP©, her **total cholesterol dropped from the high 6.4mmol/L to well within normal blood cholesterol levels of 4.6mmol/L**. Her **bad (LDL) cholesterol also saw a huge drop from a high of 4.7mmol/L to a normal 2.9mmol/L**. These significant improvements means her **NHS Heart Age now reflects her actual age of 42 years!**

Beya says seeing these results has motivated her to keep working towards her goals and to stick with making healthier choices.

But it's not just Beya who's benefitted. The whole family are now eating more fruit, veg and plant and alternative proteins, less meat and full-fat dairy and are choosing nutritious snacks.

**Beya says:** *"Making these changes have been a lot easier than I thought. The UCLP© principles are so flexible and easy to follow – there are so many options, it can be tailored to your personal preferences. The plan doesn't feel restrictive and it's easy to fit around busy work schedules, studying and family life."*



- 1) Soya and alternatives to dairy as well as Quorn mycoprotein are low in saturated fat. Reducing consumption of saturated fat, as part of a balanced and varied diet and lifestyle, contributes to the maintenance of normal blood cholesterol levels
- 2) Oats are a source of a specific type of fibre known as beta-glucan. Consuming around 3g of beta-glucan daily, as part of a balanced, varied diet and lifestyle, has been proven to lower cholesterol levels. High cholesterol is a risk factor in the development of coronary heart disease.

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