



PROTEINS & THE UCLP[®]

THE WHAT,
WHY & HOW

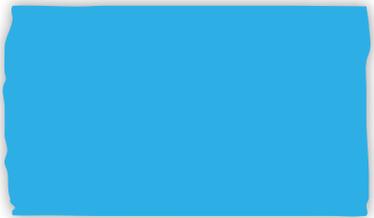
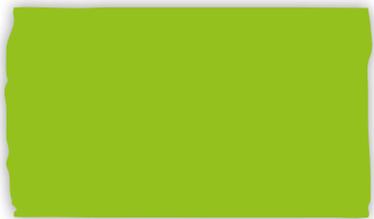


PROTEINS & THE UCLP[®]



THE WHAT,
WHY & HOW

CLICK THE MENU
TO EXPLORE THE
INTERACTIVE GUIDE!



INTRODUCTION

Getting enough protein is important for everyone, but especially for those with a healthy, active lifestyle. Protein contributes to the maintenance of your muscles, including your heart (yes, it's a muscle too!).¹ But it's not just the amount you eat that matters, the **TYPES OF PROTEIN FOODS** you eat also have an important role to play in managing your cholesterol levels.²

Many animal proteins, such as red and processed meats and full fat dairy products can be high in **saturated fat**. Too much saturated fat can raise cholesterol levels. Eating less of those protein foods which are high saturated fat and more healthy plant and other alternative proteins can help lower saturated fat intakes. This, in turn, helps to maintain normal blood cholesterol levels while still ensuring enough protein for an active lifestyle.³ Plant and other alternative sources of protein can also provide fibre and other nutrients that are important for health.

The [Ultimate Cholesterol Lowering Plan®](#) is a flexible 3-step dietary approach that is not only effective at lowering cholesterol levels, but the advice is ideal for anyone looking to improve their overall health and fitness. This guide explores [Step 2](#) of the UCLP® which tackles the importance of selecting the right protein foods to help lower saturated fats and how this is also important to support muscle health.

WHAT IS PROTEIN?

Protein is the body's building block. Protein makes and maintains all the body's cells including those which make up muscles, organs, bones, cartilage, skin and blood as well as enzymes, hormones and antibodies.

WHAT ARE AMINO ACIDS?

Amino acids are the building blocks of protein. There are 20 amino acids in the human body that combine to make hundreds of different proteins. Nine of these are essential amino acids, meaning your body cannot make them and you can only obtain them from the food and drink you consume.

ANIMAL VS PLANT PROTEINS – WHAT'S THE DIFFERENCE?

Dietary proteins that have all nine essential amino acids in proportions closely matched to the body's requirements include animal foods, such as meat, fish, eggs and dairy products, several plant and alternative protein foods, such as soya products, quinoa, chia and hemp seeds as well as meat alternatives like Quorn mycoprotein. Other plant foods, such as beans, lentils, peas, grains, vegetables, nuts and seeds may contain smaller amounts of one or more essential amino acids, but it's still easy to get them if you eat a variety of protein sources across the day.



CHOLESTEROL ISN'T SOMETHING YOU ONLY NEED TO THINK ABOUT WHEN YOU ARE OLDER.

29% of 25-34 year olds
and **45% of 35-44 year olds**
have **high** cholesterol levels

BUT MOST DON'T KNOW THEY HAVE IT BECAUSE IT DOESN'T USUALLY HAVE ANY SIGNS OR SYMPTOMS.⁴

CLICK ME!

HOW MUCH PROTEIN DO YOU NEED?



A daily intake of **0.75g** of protein per kg of a healthy body weight is recommended for moderately active adults. So, a person weighing **60kg** would require about **45g** a day. This can increase to 1.2 to 2g protein per kg of body weight a day if you're a regular exerciser or very physically active. Additionally, as we get older, our protein requirements also increase to 1-1.2g protein per kg of body weight.

i Distributing protein throughout the day, aiming to eat similar amounts in each meal, is a good way to ensure your body is able to use the protein you are consuming.



20g protein at each meal is ideal & easy to achieve

Around 20g of protein at every meal plus a protein-rich snack every day is a good target to aim for.

A bowl of porridge:	 50g oats	+	 300ml soya high protein alternative to milk	+	 1 tbsp pumpkin seeds				
Protein on toast:	 200g baked beans	+	 2 slices wholegrain toast	+	 Poached egg				
Tikka Massala:	 100g Quorn Pieces	+	 20g nuts	+	 Brown rice				
Fajitas:	 100g Quorn Fillet	+	 Peppers cut into strips, baby sweetcorn and sliced onions	+	 Wholewheat wrap	+	 Dollop of plain soya alternative to yogurt		
Smoothie:	 200ml soya high protein alternative to milk	+	 150ml plain Greek-style soya alternative to yogurt	+	 2 tsp almond butter	+	 2 tsp sesame seeds	+	 Handful of frozen berries



HOW MUCH EXERCISE TO HELP KEEP OUR HEARTS HEALTHY?

To keep your heart healthy your body needs adequate amounts of exercise as well as a healthy diet.⁵

THE UK CHIEF MEDICAL OFFICERS PHYSICAL ACTIVITY GUIDELINES RECOMMEND AT LEAST



150 MINUTES PER WEEK
(OR FIVE X 30 MINUTES)
OF ACTIVITIES THAT LEAVE YOU MILDLY OUT OF BREATH AND SLIGHTLY SWEATY

OR



75 MINUTES PER WEEK
OF VIGOROUS ACTIVITY which gets you out of breath e.g., running, stair climbing or sports, or a combination of both such as walking, jogging, swimming or dancing.

+



TWO DAYS A WEEK
MUSCLE-STRENGTHENING EXERCISE TO PREVENT LOSS OF MUSCLE MASS WITH AGE.
This may include lifting weights, using resistance bands or exercises like squats, press ups and lunges that use your own bodyweight.

HOW MUCH DOES THE AVERAGE ADULT HEART BEAT?



72 times a **minute**

100,000 times a **day**

3,600,000 times a **year**

2.5 billion times during a **70-year** span



DID YOU KNOW?

Your heart is the centre of the cardiovascular system and is crucial for pumping blood around the body, supplying oxygen and nutrients to the tissues and removing carbon dioxide and other wastes.



CAN YOU GET ENOUGH PROTEIN JUST FROM FOOD?

Most of us, whether doing regular exercise or not, get more than enough protein from food and have little difficulty meeting the recommended intake. According to the latest statistics from the government's National Diet and Nutrition Survey, the average daily protein intake is 66g for women and 88g for men, roughly one and a half times more than we need.

FINDING BALANCE, CHOOSING THE RIGHT TYPES OF PROTEIN

A better fat balance

Many people get more protein than they need especially when it comes to animal proteins such as red and processed meat which can be high in saturated fat and salt.

Eating too much saturated fat can lead to raised LDL-cholesterol levels (also known as 'bad' cholesterol) in your blood, which is not good for heart health.

Replacing some or all of the animal proteins that are high in saturated fat with healthful plant and other alternative proteins will help reduce your saturated fat intake and contribute to maintaining a normal cholesterol level as part of a healthy balanced diet and lifestyle.²

Boosting fibre intakes

Plant and other alternative protein foods, such as Quorn mycoprotein and soya, are a great way to add more fibre to the diet, as they contain both fibre and protein.



HEALTHY PLANT AND OTHER ALTERNATIVE SOURCES OF PROTEIN include soya products such as tofu, edamame beans and soya plant-based drinks and alternatives to yogurt, Quorn mycoprotein, pulses (beans, lentils and peas), nuts and seeds.

RED MEAT includes beef, lamb and goat. Processed meat is meat that has been salted, cured, smoked, or blended to make ham, bacon, beef jerky, corned beef, salami, pepperoni, and hot dogs.



DID YOU KNOW?

LESS THAN 1 IN 10 ADULTS IN THE UK EAT ENOUGH FIBRE!

Opting for wholegrain starchy foods such as oats and wholewheat products is another way of adding more fibre to our diet which can help with gut health.

Oats and barley provide a specific type of fibre called **beta-glucan**. This fibre, as part of a balanced and varied diet and lifestyle, can help to lower blood cholesterol levels which help to support heart health!^{6,7}





DID YOU KNOW?

Every single plant contains all 9 essential amino acids that our bodies need to make proteins.



HOW TO GET MORE PLANT AND ALTERNATIVE PROTEINS INTO YOUR DIET

Top tips to get you started

- ★ Ease into plant-based meals by going meat-free one day a week.
- ★ Use soya drinks on your cereals, in tea and coffee and in cooking just as you would dairy milk. Soya alternatives to yogurt are now available in plain, Greek-style and fruit varieties.
- ★ Make small changes to your daily food choices rather than overhauling your whole diet at once. Try adding one new plant protein to your repertoire every week e.g. a small handful of nuts daily or a soya alternative to yogurt as a snack, try a new bean or lentil – adding to salads, stews.
- ★ Part or fully replace meat in recipes with meat substitutes such as Quorn Mince, Fillets or Pieces. They can often save you lots of time in the kitchen.
- ★ Adapt your favourite meals by replacing some or all of the meat in dishes like stews, Bolognese and curries with foods such as beans, lentils, soya mince, tofu, tempeh or Quorn mycoprotein.



HOW MUCH RED MEAT SHOULD YOU BE EATING PER WEEK?



The NHS recommends limiting red and processed meat. Reducing your intake of red and processed meats will not only benefit your health but is also good for the environment.

- ★ A single serve is no more than: 110g raw or 70g cooked.
- ★ Remove visible fat before cooking and choose lean cuts of meat.
- ★ Try to limit processed meats because these are generally higher in saturated fat and often high in salt too.
- ★ Aim for at least one meat-free day per week.
- ★ Fully or partly replace meat in recipes with any combination of soya mince, tofu, beans, pulses, nuts and Quorn mycoprotein.

PLANT PROTEINS TO MANAGE YOUR CHOLESTEROL & SUPPORT YOUR MUSCLE HEALTH



i There are many plant proteins and alternative proteins that are low in saturated fat.

→ Nuts and seeds



Whether you add them to your cereal or porridge, toss a handful in your stir-fry or have nut butter on toast, nuts and seeds are an easy way to increase your protein intake. Nuts also give you fibre, vitamins, minerals and unsaturated fats. **Aim for a handful (28-30g) nuts including peanuts a day.**

- ★ Nuts make for a quick, delicious snack and are a great alternative to less healthy snacks like crisps, chocolate and biscuits.
- ★ Top your porridge with toasted almonds.
- ★ Toss walnuts through a leafy salad.
- ★ Scatter crushed pistachios over fruited soya alternative to yogurt.
- ★ Add almonds or cashews to stir-fries.
- ★ Use peanut butter to thicken soups and smoothies or have on wholemeal toast for a satisfying snack [check the label for no added palm oil or salt].

→ Pulses



Eating more pulses (beans, chickpeas, lentils and peas) is a great way to boost your protein intake, along with fibre, iron and B vitamins. Including more pulses in your diet in place of meat will help reduce your saturated fat intake which contributes to maintaining normal cholesterol levels². Beans and lentils are a great source of fibre and we recommend you **include a daily serving of at least 125g, 6 tablespoons, half a large can or a small can.**

- ★ Mix a tin of chickpeas or black beans with roasted vegetables.
- ★ Enjoy dahl with a chapati or rice for a main meal.
- ★ Falafel are great as sandwich or wrap filling or eaten with hummus.
- ★ Eat roasted chickpeas as a snack on-the-go [see recipe on p14].
- ★ Add a spoonful of hummus to sandwiches and wraps, to top baked potatoes or a topping for dishes such as veggie chilli or nachos.
- ★ Use beans and lentils to replace or bulk out the meat in pasta sauces, lasagne, moussaka and curries.
- ★ Add beans or lentils to soups.



Beans and lentils are one of the highest fibre foods – just ONE 125g portion of any variety gives you one quarter of your daily recommended fibre intake.

→ **Quorn mycoprotein:
Quorn Mince, Pieces and Fillets**



Quorn mycoprotein as well as being high in protein, is also high in fibre and low in saturated fat. If you enjoy classic dishes with meat-style alternatives, then this is a great choice.

- ★ Fully or partly substitute Quorn Mince for meat in chilli con carne, cottage pie, tacos, burgers, lasagne and moussaka.
- ★ Mix Quorn Pieces with roasted vegetables and pesto sauce, use in a curry or add to salads and Buddha bowls.
- ★ Substitute Quorn Pieces for chicken in paella, stir-fries, stews and curries.
- ★ Use Quorn Fillets to replace chicken breasts in recipes or cut into strips and use in fajitas and tacos.

WHAT IS MYCOPROTEIN?

Mycoprotein is a meat substitute that is produced by fermenting a natural, edible fungus with carbohydrate and other nutrients as a food source. It is widely available under the brand name Quorn, offering many varieties including Quorn Mince, Quorn Pieces and Quorn Fillets. They can be used in the same way as other protein-rich foods to make pasta dishes, stews, curries and stir fries. Like soya, Quorn mycoprotein is a high-quality protein food providing all nine essential amino acids. Additionally, it is a rich source of fibre, zinc, folate and manganese.

→ **Soya plant-based drinks**



Soya alternatives to milk are naturally low in saturated fat and high in protein. The protein content and quality is comparable to that of dairy milk. Leading brands of soya drinks are standardly fortified with calcium and many also fortify with vitamins B2, B12 and D (always check the label - organic drinks will not be fortified).

- ★ Enjoy with coffee or tea.
- ★ Use when making your batter for pancakes.
- ★ Use when making porridge or pour over your breakfast cereal.
- ★ Use in cooking for white sauces, in soups, custards etc.
- ★ Try adding to smoothies.

Soya is one of the richest plant sources of protein and contains all the essential amino acids you need for building muscle. Naturally low in saturated fat, soya foods when consumed in place of higher saturated fat animal foods can contribute to the maintenance of normal cholesterol levels as part of a healthy diet and lifestyle.

→ **Soya plant-based alternatives to yogurt**



Soya alternatives to yogurt are naturally low in saturated fat and rich in protein. The protein level and quality is comparable to dairy yogurts. Great for use in cooking, in smoothies, in place of soured cream, and served with fruit for a dessert.

- ★ Delicious with some strawberries (or any other fruit of your choice) and chopped nuts and seeds for some added sweetness and crunch.
- ★ Great as an alternative to soured cream with fajitas.
- ★ Use with your favourite curry or chilli.
- ★ Add to smoothies.
- ★ Use to make overnight oats.
- ★ Can be used in baking.



→ Chia and hemp seeds



These also contain all nine essential amino acids. They also provide fibre and plant-based omega-3 fats (alpha-linolenic acid-ALA), iron, zinc, calcium and magnesium.

EDAMAME BEANS

Edamame beans are young soya beans and provide high levels of all nine essential amino acids your body needs. A 100g serving contains 13g of protein.



→ Tofu and Tempeh



Tofu is pressed soya bean curd, and calcium-set varieties are high in calcium. Tempeh is also made from soya beans but is fermented with a live culture, producing a denser, chewier texture. It contains more protein than tofu and is also a good source of fibre.

- ★ Use firm tofu instead of chicken for stir-fries.
- ★ Extra-firm tofu can be cut into cubes or slices for frying, grilling or baking.
- ★ Blend silken tofu into smoothies, desserts, sauces and dips.

There's 13-18 g of protein in a 100g serving of tofu and 21g in 100g tempeh.

→ Oil-rich fish



Oil-rich fish include herring, mackerel, pilchards, salmon, sardines, swordfish and trout. They are rich in omega-3 fats, which contribute to the normal function of the heart, as well as many vitamins and minerals. Oil-rich fish is one of the few foods that provide us with vitamin D which, as part of a varied balanced diet and lifestyle, supports normal muscle and immune function. All varieties are a good source of protein. The NHS recommends two portions of fish a week, at least one of which should be oil-rich.

To ensure there are enough fish to eat now and in the future, try to buy fish from sustainable sources.

- ★ Add salmon to a salad or sandwich.
- ★ Enjoy baked fish parcels – wrap in foil or parchment with sliced vegetables then bake in the oven.
- ★ Include it in pasta dishes or tacos.
- ★ Make fish into a patty or fishcake. Enjoy with salad or in between a bun.

Plant foods such as rapeseed (standard vegetable) oil, flax, hemp and chia seeds and walnuts also provide **omega-3 fats** known as **alpha-linolenic acid (ALA)**. ALA, as part of a healthy balanced diet, contributes to the maintenance of normal blood cholesterol levels.





TO MAKE	PART OR FULLY REPLACE...	...FOR
Bolognese	Mince	→ Lentils, crumbled tempeh or Quorn Mince or soya mince
Burgers	Beef	→ Soya mince/Quorn Mince or 50/50 with mashed beans
Chilli	Mince	→ Beans and Quorn Mince
Shepherd's or cottage pie	Mince	→ Lentils and soya mince or Quorn Mince
Burritos	Mince	→ Mashed beans
Stir-fries and curries	Cubed meat	→ Cubed firm tofu or Quorn Pieces
Salads, stews and soups	Cubed meat	→ Beans
Coffee, tea, porridge and other cereal, in cooking such as pancakes, white sauces	Full fat dairy milk	→ Fortified soya plant-based drink
Overnight oats, in smoothies or as a dessert served with fruit and nuts	Full fat yogurt and Greek-style yogurt	→ Fortified soya alternative to yogurt: plain or fruited
In cooking as an accompaniment e.g., curries and fajitas, yogurt bowls, desserts – topped with nuts and seeds	Crème Fraiche, soured cream and other creams	→ Fortified Greek-style and plain soya alternative to yogurt
Cakes	Eggs	→ Chia seeds + water
Scrambled eggs	Eggs	→ Crumbled tofu



PROTEIN MYTHS

! You can't get enough protein from plants and other alternative sources

You can easily get plenty of protein from a varied whole-food plant-based diet. Pulses, soya products, whole grains, nuts, seeds and Quorn mycoprotein are protein sources. Eating a variety of plant and alternative protein sources is key to meeting your dietary needs.

! You can't build muscle on a plant-based diet

There is no difference between animal, plant and alternative proteins when it comes to building muscle and strength. Plant and alternative protein foods will build muscle as long as you consume enough protein and calories to match your needs and do regular resistance training.

! You need to combine plant protein at each meal

Plant and alternative proteins do not need to be combined in each meal in order to achieve an adequate intake of essential amino acids. The body has a pool of amino acids, which it draws upon as needed. As long as you consume a variety of proteins over the course of a day your body will get all the protein it needs.

EATING THE RIGHT BALANCE OF PROTEINS WITH THE UCLP[©]

The UCLP[©] is a flexible **3-step plan** for managing cholesterol developed by HEART UK. It is based on a low saturated fat foundation diet, with the inclusion of four plant foods which can further support normal cholesterol levels.

▶ [Ultimate Cholesterol Lowering Plan](#)

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.

STEP 2: Healthy foundations focuses on replacing saturated fat with unsaturated fat. Once the right balance of fats are achieved, the flexible plan allows you to choose which other improvements you would like to make to your diet. The options include oil-rich fish, improving wholegrain intakes, achieving at least 5-a-day and reducing foods and drinks high in fat, salt and sugars. The plan encourages you to make one change at a time, at your own pace.

STEP 3: The four UCLP[©] foods are introduced once the foundation diet is optimised. You can choose to add just one or all of the foods to your diet: soya foods and alternatives to dairy, beta-glucans from oats and barley, nuts and foods fortified with sterols or stanols.



DID YOU KNOW?

Our bodies become less efficient at processing protein as we grow older, so we need to consume more. After the age of 40, we typically lose around 1% of our muscle mass each year.

MEAL IDEAS TO KEEP YOUR SATURATED FATS DOWN AND YOUR PROTEIN LEVELS UP!



BANANA AND BERRY PORRIDGE

Serves 1

Porridge made with 50g oats and 300ml **soya plant-based drink** and topped with 2 tbsp **walnuts**, a small sliced banana and a handful of **berries of your choice** (fresh or frozen).



BREAKFAST SMOOTHIE

Serves 1

Blitz 2 handfuls **baby spinach**, ½ **banana**, 1 tbsp **oats** and 250ml **soya alternative to milk**, 1 tsp **nut butter** (of choice) and 1 tsp **honey or agave syrup** in a blender.



BLACKBERRY AND APPLE OVERNIGHT OATS

Serves 1

Mix together 40g oats with 75ml **soya alternative to milk** and 100g **plain soya alternative to yogurt** and 1 tsp **honey** (optional) in a bowl or screw top glass jar. Top with 80g **blackberries** (fresh or frozen), a few thin **apple slices** and a small handful of **pistachios or flaked almonds**. Cover and put in the fridge overnight.



RASPBERRY AND MUESLI YOGURT BOWL

Serves 1

Add 1 tbsp **plain Greek-style soya alternative to yogurt** to a bowl, top with a few **rasberries**, a sprinkle of **pomegranate seeds** and 1 tbsp **muesli**. Repeat the layers once more, drizzle with a little **honey** to serve.



QUINOA AND EDAMAME SALAD

Serves 2

Combine ½ pouch (125g) ready-to-eat **quinoa**, 80g **edamame beans**, ½ **red pepper** (deseeded and diced), 12 **baby plum tomatoes** (halved), 2 **spring onions** (finely sliced) and 1 **tblsp French dressing**.



FALAFEL AND HUMMUS WRAP

Serves 1

Spread 2 **tblsp (50g) hummus** down the middle of a **wholemeal tortilla/wrap**, arrange 3 **falafels**, half a **red pepper** cut into strips, a few slices of **tomato** and a few thin slices of **red onion** on top. Add a handful of **baby spinach**. Then fold in the two sides and roll up tightly.



SALMON, WALNUT AND LENTIL BOWL

Serves 1

Combine 125g (half a 250g pouch) **ready-cooked puy lentils** with a chopped **spring onion**, a few halved **cherry tomatoes**, ¼ **red pepper** (finely chopped) and 1 **tblsp French dressing**. Top with a grilled **salmon fillet**.



CARROT AND CORIANDER SOUP WITH CHICKPEAS

Serves 2

Fry 1 small finely chopped **onion** in 1 **tblsp oil**, add 1 crushed **garlic** clove and cook for 5 mins. Add 2 **carrots** (sliced), 1 small **potato** (chopped) and 500ml **reduced salt vegetable stock**, bring to the boil and simmer for 15 mins, stir in 150g **soya plain alternative to yogurt** and bring back to the boil. Allow to cool for a few mins. Drain and rinse **chickpeas** from a 400g can and add them to the soup before blending until smooth using a hand-held blender or liquidiser. Serve with a sprinkle of chopped **fresh coriander** and a spoonful of **plain soya yogurt alternative** swirled on top **wholegrain bread**.



POST-EXERCISE SNACKS

Peanut Butter Protein Balls

Combine equal quantities of **oats** and **peanut butter** in a bowl. Add ½ of the weight in **chocolate chips**. Mix in a splash of **soya plant based drink** until the mixture holds together. Roll into small balls and keep them in the fridge.

Roasted chickpeas

Toss one tin (400g) drained **chickpeas** with 1 **tablespoon olive oil**, 2 **teaspoons curry powder**, **freshly ground pepper**, spread out on a baking tray and roast at 190 C for 20 – 25 minutes until crispy, giving the tray a shake halfway through.



CHICKPEA, CAULIFLOWER AND BUTTERNUT SQUASH CURRY

Serves 2

Fry 1 finely chopped **onion** in 1 tbsp **olive oil** for 3 mins, add a crushed **garlic clove** and 1 tbsp **curry paste**, cook for 1 min then add 200g **butternut squash** [cut into 1 cm dice] and a handful of **cauliflower florets**, a 400g can **chickpeas or other beans of your choice** and 100ml **water**. Bring to boil, simmer for 10 - 15 mins. Serve with 4 tbsp **soya plant-based yogurt alternative** and **wholegrain rice**.



BAKED RATATOUILLE WITH FLAGEOLET BEANS AND QUORN FILLET

Serves 2

Add 400ml **passata** to a roasting tin. Arrange ¼ sliced **onion**, ½ sliced **yellow pepper**, 1 sliced **courgette**, ½ sliced **aubergine**, 400g can **flageolet beans** [rinsed and drained], and 1 **garlic clove** [thinly sliced] on top, drizzle 1 tbsp **olive oil** over the top, season with **freshly ground pepper**, cover with foil then bake in the oven at 200 C/ fan 180/ gas mark 6 for 40 mins. Remove from the oven and nestle 2 **Quorn Fillets** in the mix, re-cover with foil and place back in the oven for another 20 mins. Serve with **focaccia bread**.



QUORN CHILLI

Serves 2

Fry 1 finely chopped **onion** in 1 tbsp **oil** for 3 mins, add a crushed **garlic clove**, 1 tsp **chilli puree**, ½ tsp **smoked paprika** and cook for 2 mins. Add ½ a 400g can **red kidney beans** in chilli sauce and 150g **Quorn Mince**, 1½ tbsp **tomato puree** and 100ml reduced salt **vegetable stock**, simmer 10 mins. Serve with **baked potatoes** and **soya plain or Greek-style alternative to yogurt**.



VIBRANT VEGETABLE AND TOFU STIR FRY WITH CASHEWS

Serves 2

Heat 1 tbsp **olive oil** in a wok then fry 2 **spring onions** [sliced], 1 **garlic clove** [sliced], **ginger** [finely chopped], ½ **red pepper** [chopped], 1 **carrot** [cut into thin strips], 1 **courgette** [thinly sliced] and a handful of **pak choi or green cabbage** for 4 – 5 mins. Add 1 tbsp **soy sauce**, a little **water**, 200g **marinated tofu pieces**, 250g **cooked noodles** and a handful of **cashew nuts**. Continue cooking for a further 2 mins then serve.

This guidance was kindly sponsored by an education grant from Alpro & Quorn. Alpro soya products and Quorn Mince, Pieces and Fillets are low in saturated fat and a source of protein. Reducing consumption of saturated fat, as part of a varied, balanced diet and lifestyle, contributes to the maintenance of normal blood cholesterol levels. Protein, as part of a varied balanced diet and lifestyle, contributes to a growth in and to the maintenance of muscle mass.



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7. Barley beta-glucan, as part of a varied balanced diet and lifestyle, has been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease



[HEARTUK.ORG.UK/UCLP](https://www.heartuk.org.uk/uclp)

