



Your Plan for a Heart Healthy Foundation Diet

- 1 Decide on one or two improvements you would like to make to your current diet.
 - Any choice you make will help towards maintaining a healthy heart
 - It is always best to tackle heart healthy fats first.
- 2 List what specific changes you will make to your diet. Visit heartuk.org.uk/uclp to review your options.
- 3 Review your progress every 2-3 weeks and tick off the improvements you have made. Decide if you are ready to make more improvements and how you will make them.

1) Which improvement?	2) How will you achieve the improvement?	3) How have you done? Are there more improvements to make?
Heart healthy fats (reducing saturated fat)		
Meat and processed meat		
Plant proteins every day		
Oil-rich fish once a week		
Achieving your 5-a-day		
Wholegrains		
Dairy and alternatives		
Healthy hydration		
High fat, salt and/or sugar foods and drinks		

For ideas and tips on how to improve your diet, visit our UCLP[®] Step 2: Building strong foundations webpages www.heartuk.org.uk/uclp

Once you feel your diet is as heart healthy as possible – it's time to move on to step 3 of the UCLP[®]

Build up slowly – just one or two improvements at a time. The more improvements you make, the better for your heart.



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