



The UCLP[®] at a Glance

A healthy cholesterol level helps to keep our hearts healthy. However, more than half of UK adults have too much cholesterol in their blood (>5mmol/l).

The **Ultimate Cholesterol Lowering Plan[®]** (UCLP[®]) provides a simple, step-by-step and flexible routine that anyone can adopt. The UCLP[®] focuses on what foods we can have to help towards maintaining a normal cholesterol level.

Each step in the plan is important, move through them at your own pace. It's always best to keep your doctor informed about any dietary changes you have made.

STEP 1: Getting motivated

- 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 might help you to keep with the plan.

STEP 2: The essentials for a heart healthy diet

• **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.



• **Oil-rich fish.**

One to two 140g servings 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.

• **Wholegrain foods.**

1-3 servings daily of:

- 1 slice wholemeal bread / roll. • 2 rye crispbreads. • 2-3 handfuls of popcorn – unsalted / unsweetened. • 1 small wholewheat tortilla / pitta bread. • 1 wholemeal scone.
- 2-3 tbsp cooked brown rice / pasta.



• **Beans and pulses.**

One 80-100g serving (cooked weight):

Baked beans, haricot beans, chick peas, lentils, dhal, kidney beans, Cannellini beans etc.



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● Getting the right balance of fats.

All types of fats provide a lot of energy (calories) so we should try and keep foods with fat to a minimum in our diet. It is also important to reduce or replace foods high in saturated fat with foods high in unsaturated fat to help lower cholesterol levels.

Saturated fat is mainly found in fatty meats, meat products, full-fat dairy foods, butter, lard, coconut oil and yogurts, pastries, pies, puddings, chocolates, cakes and biscuits.

Consider what you eat and drink now – are there any high saturated fat foods you can replace with unsaturated fat containing foods?

Have a look at some options to help reduce your saturated fat intake.

Try... Instead of...

Plant proteins and meat

Grilled chicken breast (skin removed)
0.8g SAT FAT

- Lean meat, visible fat and skin removed.
- Plant-based proteins e.g. soya mince, nuts, beans and pulses.
- White or oil-rich fish.

2 grilled pork sausages
6.4g SAT FAT

- Fatty and processed meat e.g. sausages, tinned meat, salamis, pate.
- Fatty meat with visible fat and skin.

Dairy and alternatives

Matchbox size "Lighter" Cheddar (30g)
4.1g SAT FAT

- Low fat dairy milk or calcium fortified plant-based drinks.
- Low fat dairy or soya alternatives to yogurt.
- Lower fat cheeses e.g. "lighter" / "half fat" hard and cream cheeses, cottage cheese, Quark.
- Soya single altern. to cream.

Cheddar cheese (average filling 45g)
9.8g SAT FAT

- Full cream dairy milk and yogurts.
- Dairy cream: double, single, whipping, clotted, soured.
- Crème fraiche.
- Full fat hard, soft and cream cheeses.
- Coconut cream and tinned coconut milk.

Savoury pies and rolls

Cottage or Shepherd's pie (310g serve)
7.4g SAT FAT

- Potato topped pies.
- Replace half or all the meat with beans, pulses or vegetables.

Beef pie (200g serve)
15.8g SAT FAT

- All pastry (home-made or bought): puff, shortcrust, flaky.
- Processed meat and fatty fillings e.g. cheese pastries and sausage rolls.

Fats and oils

Unsaturated fat spread (on 2 slices bread)
3g SAT FAT

- Vegetable oils and spreads made from them e.g. olive, sunflower, rapeseed.
- Use cooking methods that do not use fat or use little fat e.g. boiling, dry roasting, grilling, baking, stir frying.

Butter (on 2 slices bread)
10.4g SAT FAT

- Butter, ghee, lard, goose and duck fat and coconut and palm oils and fats.
- Frying and roasting with a lot of fat and oils.

Puddings

Stewed fruit with Soya Plain Unsweetened altern. to yogurt
0.2g SAT FAT

- Fruit: fresh, stewed, baked, tinned or dried.
- Lower fat dairy and soya altern. to fruit yogurt.
- Sugar free jellies, summer pudding, lower fat or soya custard.

Apple pie with (30ml) dairy single cream
9.7g SAT FAT

- Fruit pies and tarts.
- Cakes and cup cakes.
- Rich desserts e.g. Sundaes, mousses, pana cotta, custards.
- Steamed puddings.
- Cream filled pastries and buns e.g. Eclairs, cream horns.

Snacks

2 semi-sweet biscuits
0.9g SAT FAT

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

2 chocolate digestives
4.3g SAT FAT

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



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STEP 3 – Four UCLP[®] foods to choose from

The following four foods and drinks, when consumed as part of your healthy diet and lifestyle, contribute to healthy cholesterol levels. Start by choosing one food to add to your heart healthy foundation diet and build up slowly to include more of the UCLP[®] foods.

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

SOYA FOODS

Many soya foods are naturally low in saturated fat. Reducing saturated fat, as part of a healthy diet and lifestyle, can help maintain healthy cholesterol levels.

Select one or a combination of the following options to achieve a daily soya score of 4 or more:

- 4 A handful of soya nuts (roasted Edamame beans).
- 4 100g soya mince or chunks (as served).
- 4 85g marinated tofu.
- 3 75g silken hard tofu.
- 3 A soya burger.
- 2 A large glass (250ml) soya plain alternative to milk.
- 2 150g serving of plain unsweetened soya alternative to yogurt.
- 2 125g serving of plain soya alternative to strained (high protein) yogurt.
- 2 3-4 tablespoons (85g) fresh or frozen young soya beans (Edamame).
- 2 A soya sausage.
- 1 125g serving of soya alternatives to fruit yogurt.



NUTS including peanuts – UNSALTED / UNSWEETENED



A handful (30-35g) every day of any of the following: almonds, pistachios, walnuts, pecans, cashews and peanuts. Have as a snack or as part of a meal. Nuts are a great source of unsaturated fats. Replacing foods high in saturated fat with foods high in unsaturated fat, as part of a healthy diet and lifestyle, has been shown to lower cholesterol levels.

Oat and Barley Beta-Glucans

Oats and barley contain a specific type of soluble fibre called **beta-glucan**, that, as part of a healthy diet and lifestyle, has been proven to help lower cholesterol levels.

Including any **TWO to THREE** of the following daily will provide you with the **3g beta-glucan** needed to help lower your cholesterol:

- A bowl of porridge (25g or 3 tbsp oats) or a serving of oat-based breakfast cereals e.g. Oatibix, Mornflakes*.
- 3 plain oatcakes.
- 2 tablespoons oatbran – sprinkled over cereals, soups, stews and yogurts.
- 75g cooked pearl barley.



*Check the food label: one serving should provide at least 1g beta-glucans

Foods fortified with PLANT STEROLS / STANOLS*

Plant sterols / stanols help reduce the amount of cholesterol our body absorbs.

Include **ANY ONE** of the following options daily - **ALWAYS WITH A MEAL**:

- ONE mini-drink (67.5-100g bottle) - milk, yogurt or dairy-free varieties - **fortified with sterols / stanols**.

OR

TWO to THREE servings daily of ANY combination of the following products **fortified with sterols / stanols**:

- 2 tsp (10g-12g) margarine / spread.
- A 125g pot yogurt.
- A large glass (250ml) milk.

* **NOTE:** Sterol / stanol containing products

• Should only be used for those needing to lower their blood cholesterol • Daily intake of sterols / stanols should not exceed 3g • Should be used as part of a diet, which includes plenty of fruit and vegetables to help maintain carotenoid levels • Are not appropriate for pregnant and breastfeeding women and children under the age of five years unless advised by a health professional.

