Ultimate Cholesterol Lowering Plan®
What is cholesterol?

Cholesterol is a type of sticky fat needed to produce the body’s building blocks (cells), hormones and vitamins. We cannot do without it.

Cholesterol cannot circulate “loose” in the blood. It is carried in particles called lipoproteins. There are two main types of lipoproteins in the body:

- **High Density Lipoprotein (HDL)** is known as ‘good’ cholesterol. HDL removes cholesterol from the body by taking it to the liver where it can be recycled or broken down.

- **Low Density Lipoprotein (LDL)** is produced by the liver and supplies cholesterol to help repair old cells and build new ones. Too much LDL cholesterol (known as ‘bad’ cholesterol) can stick to the inside of our blood vessels. Over time the build up of LDL cholesterol can narrow our blood vessels restricting blood flow to the heart.

### Did you know...

Over half the adults in the UK have high cholesterol levels — so you are not alone.

### Lowering LDL cholesterol is important for a healthy heart

**How much is healthy?**

Your doctor or nurse can check your cholesterol level by taking a sample of your blood.

<table>
<thead>
<tr>
<th>Blood Cholesterol</th>
<th>For the majority, cholesterol levels should be</th>
<th>For those at high risk or already diagnosed with heart problems, diabetes, or high blood pressure, cholesterol levels should ideally be</th>
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<tbody>
<tr>
<td>Total cholesterol</td>
<td>Less than 5 mmol/l</td>
<td>Less than 4 mmol/l</td>
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<tr>
<td>LDL – cholesterol</td>
<td>Less than 3 mmol/l</td>
<td>Less than 1.8 mmol/l</td>
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<tr>
<td>HDL – cholesterol</td>
<td>Our levels should be greater than 1 mmol/l for men and greater than 1.2 mmol/l for women</td>
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**What can cause unhealthy blood cholesterol?**

- What we eat and drink.
- Too much saturated fats and too little unsaturated fats.
- Being overweight, especially if you are “apple-shaped” and carry excess fat around your waist.
- A family history of high cholesterol, as this can be passed down from our parents.
- Being inactive.
- Smoking.
Welcome...

Welcome to the Ultimate Cholesterol Lowering Plan© (UCLP©), your personalised plan for healthy cholesterol.

The UCLP© is a fully flexible 3-step eating guide to improving your blood cholesterol levels. You choose when you are ready to move from one step to the next – assured that every step you take, will help improve your cholesterol reading.

Step 1

Time to get motivated
Focusing on what motivates you.
This section helps to get you started and keep you on track.

Step 2

Building strong foundations
- Swapping saturated fats for unsaturated fats.
- Making sure you hit your 5-a-day.
- Including oil-rich fish in your weekly plan.

Step 3

Your pick ‘n’ mix of four key UCLP© foods
Each ONE of these foods can help towards improving your diet for a healthy cholesterol level.
Which and how many of the foods you include in your every day plan, is your choice. Don’t try to introduce all four at the same time, it is easier to build up slowly.

Step 1 – Getting motivated

Let’s face it – it’s not easy making changes to the way we eat. But to stand the best chance of success, getting into the right mindset is vital. You have to feel ready, and have clear, strong reasons for making the change.

Try answering the following questions to see if you are ready to make some changes. Make some notes as you go.

Why do YOU want to lower your cholesterol levels – what will it mean to you – why is it so important?

What has kept you from making changes to your diet in the past? What do you find the most difficult?

Things that stop us from making changes are often called “barriers”. What do you feel you can do this time around to overcome them? It might help to talk this through with a friend, relative, your doctor, nurse or dietitian.

What are you eating and drinking now? Keeping a food diary for a few days will help identify things you can change.

Review and refer to this page from time to time, especially if you are finding it tough.
Step 2 – Time to build strong foundations
Include more heart healthy fats

Eating too many foods high in saturated fat and few foods providing unsaturated fats can increase cholesterol levels. The UCLP© focuses on replacing some saturated fat in the diet with modest amounts of foods that contain unsaturated fat such as nuts, seeds, vegetable oils and spreads.

Which foods contain saturated fat?
Saturated fat is mainly found in fatty meats, meat products, full-fat dairy foods, butter, lard, pastries, pasties, pies and in many puddings, cakes and biscuits.

Consider what you eat and drink now – are there any high saturated fat foods you can swap? Have a look at the healthier options you can choose from.

<table>
<thead>
<tr>
<th>Eat less...</th>
<th>Swap it for...</th>
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<tbody>
<tr>
<td>Butter, ghee, lard, suet, hard margarines, coconut and palm oil.</td>
<td>Vegetable spreads and oils such as olive,</td>
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<td>rapeseed, sunflower, soya.</td>
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<td>Fatty meat and processed meat products: sausages, salamis, canned meat.</td>
<td>Remove all visible fat from meat and skin</td>
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<td>from poultry.</td>
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<td>Have red meat less often (no more than</td>
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<td>500g raw weight per week). Have more</td>
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<td>poultry and fish.</td>
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<td>Have meat free days – using beans, pulses</td>
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<td>or soya mince / chunks instead.</td>
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<td>Full cream milk and yogurts and full cream, canned coconut milks.</td>
<td>Semi-skimmed, 1% fat or skimmed dairy milk</td>
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<td>or try a plant-based alternative e.g.</td>
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<td>soya alternative to milk and yogurt; almond</td>
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<td>oat, hazelnut or rice drink.</td>
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<td>Dairy cream (all types), most dairy cheeses and coconut cream.</td>
<td>Alpro Soya Single alternative to cream.</td>
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<td>Lower fat cheeses e.g. cottage cheese.</td>
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<td>Cakes, desserts and chocolate – especially cream and butter based.</td>
<td>Plain buns e.g. currant / hot cross buns,</td>
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<td>Coconut (fresh, dried, desiccated).</td>
<td>scones, plain biscuits, fruit, low-fat</td>
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<td>yogurts, soya alternatives to yogurt, soya</td>
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<tr>
<td>Pastry – pies.</td>
<td>desserts.</td>
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<tr>
<td>Roasting or frying with butter, lard, other animal fats or coconut oil.</td>
<td>Potato topped savoury dishes, crumbles made</td>
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<td>with unsaturated fat vegetable spreads.</td>
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<tr>
<td>Other foods providing unsaturated fat include oil-based salad dressings,</td>
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<tr>
<td>avocados, nuts and seeds.</td>
<td>Use vegetable oil instead or try other</td>
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<td>cooking methods without fat e.g. boiling,</td>
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<td>grilling, steaming.</td>
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Eat less... Swap it for...

5.2g SAT-FAT 0.6g SAT-FAT
Medium latte full cream dairy milk Medium latte soya milk alternative

13.8g SAT-FAT 0.4g SAT-FAT
2 Pork sausages Medium chicken breast skin removed – grilled

13.8g SAT-FAT 0.4g SAT-FAT
Pasta in a cream cheese sauce Pasta in a tomato sauce

30g SAT-FAT 6.1g SAT-FAT
Cheese sandwich with mayo Ham salad roll unsaturated marg + no mayo

14.5g SAT-FAT 0.9g SAT-FAT
Chocolate éclair Hot cross bun
5-a-day – Big up fruit & vegetables

We should all be trying to consume AT LEAST 5 SERVINGS of fruit and vegetables each day.

For an adult a serving is:

- 16 medium lady’s fingers / okra
- 1 medium
- 1 medium sweet potato
- A slice of mango
- 3 tbsp. peas
- 3 tbsp. sweetcorn or other canned vegetables or fruit in water or natural juice
- 1 tbsp. dried small fruit
- A bowl of salad
- A handful of strawberries or other fresh or frozen berries

_Fresh - Frozen - Canned - Dried - ALL COUNT._ Fruit juice can only count once.

Here are some suggestions for how you can increase your fruit and vegetable intake.

**Breakfast:**
- Add a tablespoon of dried fruit, a handful of berries or a small sliced banana to breakfast cereals.

**Lunch:**
- Sandwiches / wraps – can you add a bit of extra salad?
- Vegetable sticks and dips such as hummus or tomato salsa.
- Add fruit to yogurt.

**Dinner:**
- Always make sure you serve your meal with cooked vegetables or a bowl of salad.
- Add chopped vegetables to stews and casseroles.
- Try making vegetable soups with leftover vegetables.
- Choose fruit-based dessert e.g. baked apple, summer pudding, fruit with soya custard.

**Snacks:**
- A handful of dried or fresh fruit.
Step 3 – Four UCLP© foods to choose from

Before progressing to Step 3, make sure you are ready to make further changes to your diet and you feel confident that you have fully adopted Step 2.

There are four UCLP© foods that you can choose to ADD to your low saturated fat diet. All will help towards your goal of a healthy cholesterol level.

Have a look at each option and how much you should try to eat every day. Decide which you would like to try. You can choose ONE, TWO, THREE or ALL OF THEM. It’s best to build up slowly.

UCLP© Option 1 – Soya foods

Many soya foods are naturally low in saturated fat. Using soya alternatives to milk and yogurt, soya desserts, soya mince and meat alternatives in place of full fat dairy foods, meat and high saturated fat snacks, will help you maintain healthy cholesterol levels. There are so many great tasting products to choose from in your local supermarket – why not give it a try?

How much should you consume daily?

Any ONE of these...
- A handful of soya nuts (also called roasted edamame beans).
- 2 large glasses (2 x 250ml) soya alternative to milk.
- 100g soya mince / chunks (as served).
- 55g marinated tofu pieces.

OR

Any ONE of these...
- 75g tofu (silken hard variety).
- 70g soya mince / chunks (as served).
- 40g marinated tofu – great on salads or as a snack.
- One soya burger.

PLUS any ONE of these...
- 125g pot Alpro dessert – caramel, chocolate, vanilla.
- 125g Alpro Vanilla Custard.
- 125g pot Alpro soya alternative to yogurt – fruity, vanilla, Simply Plain or Plain with Almond.

OR

Any TWO of these...
- 50g tofu (silken hard variety).
- 25-30g marinated tofu.
- 250ml glass of soya alternative to milk.
- One soya sausage.
- 3-4 tbsp. (80g) fresh or frozen soya / edamame beans.
**UCLP© Option 2 – Foods fortified with plant sterols or stanols**

Sterols and stanols are naturally found in plants in very small amounts. When eaten in the right quantity, they have been shown to lower cholesterol levels by reducing the amount of cholesterol our body can recycle. Foods fortified with plant sterols or stanols are now readily available in the chiller cabinet of most stores.

**How much do I need?**

1.5 - 2.4g of sterols or stanols daily, as part of a healthy balanced diet and lifestyle, can lower your cholesterol by around 7-10%.

**ALWAYS TAKE WITH A MAIN MEAL**

**ONE mini-drink (65-100g bottle)**

fortified with sterols or stanols.

Check the label to ensure the bottle provides 2g of sterols or stanols.

**OR**

Any **THREE servings** of the following products (labelled that they have been **fortified with sterols or stanols**). A portion contains between 0.5g and 0.8g plant sterols / stanols:

- 2 tsp. (10g) spread.
- 1 (120g) pot yogurt.
- 1 (250ml) glass milk.

* 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.

**UCLP© Option 3 – A handful of nuts (unsalted)**

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, is a very important part of keeping cholesterol levels in check.

**How much should you eat?**

**ONE handful** (30-35g) every day of any nut variety – unsalted and unsweetened of course: e.g. almonds, pistachios, walnuts, pecans, cashews and peanuts. Have as a snack or as part of a meal.
Choose any **THREE** of the following daily:

- A bowl of porridge (using 30g dry oats or an individual sachet of instant porridge).
- 2 tbsp. (13g) oatbran – sprinkled onto cereals or added to casseroles, stews, soups and smoothies.
- 1 oat breakfast biscuit, e.g. Oatibix.
- 3 oatcakes.
- A serving (30-35g) oat-based breakfast cereals.
- 30g oats in recipes that are also low in saturated fat.
- 75g cooked pearl barley - in stews, casseroles.
- 20g barley flakes.

**Boosting your soluble fibre intake**

There are other foods that contribute smaller amounts of soluble fibre to your diet, such as your 5 portions of fruit and vegetables and other whole-grain foods. The UCLP® recommends you boost your daily soluble fibre intake by trying to include **80-100g of beans or pulses** every day. You can:

- Choose any type of bean, pulse or lentil e.g. baked beans, kidney beans, red lentils.
- Try adding to soups, stews, salads, in bean or hummus dips or mashed with potatoes.
Breakfast

- **Chinese scrambled egg**: soften 2 chopped spring onions in 1 tsp. of oil, add a beaten egg, splash of Alpro Soya Original alternative to milk and a splash of soy sauce – cook on low heat. Serve on 2 slices wholemeal toast with 2 tsp. sterol / stanol fortified spread and topped with mushrooms.

- **Green smoothie**, see page 10 for recipe.

- **Berry granola**: blend a handful raspberries and 150g Alpro Simply Plain alternative to yogurt until smooth. Mix with 45g unsweetened granola.

- **Apple and cinnamon porridge made using 35g porridge oats, 150ml Alpro Soya Original alternative to milk with a pinch of ground cinnamon and topped with 1 apple cored and chopped and a small handful of almonds.

- **2 Oatix (oat cereal biscuits) topped with 140g Alpro Plain with Almond soya alternative to yogurt and a chopped banana.

- **A poached egg and smoked salmon served on 2 wholemeal toast spread with 2 tsp. sterol / stanol fortified spread and topped with 1 tsp. low fat mayo. Serve with a small glass (150ml) of orange juice.

- **Nutty banana oatcakes**: 3 oat cakes spread with 2-3 tsp. peanut butter and topped with slices of banana.

Lunch

- **Bean or pulse based soup e.g. tomato and lentil or mixed bean, served with a crusty wholemeal roll with 2 tsp. sterol / stanol fortified spread. Dessert**: a piece of fresh fruit.

- **Falafel, grated carrots and salad filled wholemeal pitta bread. Dessert**: 125g Alpro Vanilla dessert with a tbsp. dried fruit.

- **Smashin' smashed sardines**: mash a couple of sardines with 2 tsp. low fat soft cheese, a sprinkle of lemon juice and black pepper. Serve on 2 slices wholemeal toast with 2 tsp. sterol / stanol fortified spread and a small salad.

- **A poached egg and smoked salmon served on 2 wholemeal toast spread with 2 tsp. sterol / stanol fortified spread and topped with 1 tsp. low fat mayo. Serve with a small glass (150ml) of orange juice.

Evening Meal

- **Fish cakes with mango chutney**, see page 10 for recipe. Serve with boiled new potatoes.

  **Dessert**: Summer pudding with Alpro Plain with Almond soya alternative to yogurt.

- **Grilled or baked seasoned cod fillet served with a bean and potato mash, broccoli and carrots. Dessert**: Pear and almond pudding, see page 10 for recipe.

- **Tender pork fillet**: season a pork fillet and drizzle with 1 tsp. olive oil. Pplace under a hot grill and cook on each side for 3-4 minutes until cooked through. Serve with corn on the cob, steamed green beans and baked sweet potato.

- **Chicken and veggie fajitas** – using wholemeal tortillas and stir-fried strips of your favourite vegetables e.g. peppers, baby sweetcorn, onions, green beans, broccoli etc. and lean chicken. Serve with guacamole, tomato salsa and instead of sour cream, use Alpro Simply Plain soya alternative to yogurt.

- **Dessert**: poached pears with 125g Alpro Dark Chocolate soya dessert.

- **Soya burger in a wholemeal bun served with lots of salad. Dessert**: exotic fruit salad topped with Alpro Soya Vanilla alternative to yogurt.

- **Spaghetti bolognaise using soya mince and canned beans instead of meat. Served with wholegrain spaghetti and a side salad. Dessert**: 125g pot Alpro Caramel soya dessert.

- **Roast beef with Yorkshire pudding made with Alpro Soya Original alternative to milk. Serve with a good helping of steamed vegetables and a few roast potatoes (cooked in vegetable oil). Dessert**: baked apple served with 200ml Alpro Vanilla Custard.

Snacks / drinks

- **One serving of fruit** (see page 5) – fresh, frozen, dried or canned in natural juice.

- **Soya latte or soya cappuccino** - using 200ml Alpro Soya Original alternative to milk.

- **Handful (30 - 35g) of mixed unsalted / unsweetened nuts.**

- **150g pot Alpro Go On alternative to strained yogurt. Choose from blackcurrant, mango or passion fruit.**

- **Wholemeal hot cross / currant bun.**

- **A couple of handfuls ‘skinny’ popped corn.**

- **Handful (~28g) of soya nuts or roasted Edamame beans.**

- **Wholemeal English muffin spread with 2 tsp. sterol / stanol fortified spread.**

- **Small pot low fat hummus with carrot and celery sticks.**
Green Smoothie  
1 portion

- 200ml Alpro Simply Plain alternative to yogurt
- 40g kiwi
- 40g spinach
- 55g cucumber
- 1.6g basil

Preparation:
1. Peel the kiwi and cucumber.
2. Wash the spinach and basil leaves.
3. Put all the ingredients into a blender, then add the Alpro Simply Plain.
4. Blend and pour it into a glass.

Pear & Almond Pudding  
4 portions

- 1 large pear (Comice or similar)
- 1 tbsp. cinnamon
- 500ml Alpro Soya Original alternative to milk
- 25g cornflour
- 50g ground almonds
- 1 tsp. of vanilla extract
- A pinch of ground ginger
- 1 egg, beaten
- 2 tbsp. honey
- 4 tbsp. almond flakes, toasted

Preparation:
1. Pre-heat the oven to 180°C / gas 4 and grease 4 individual ramekins.
2. Peel, core and cut the pear into 4 equal pieces. Place one piece of pear at the bottom of each ramekin and sprinkle with ground cinnamon.
3. Blend 1-2 tbsp. of Alpro Soya Original with the cornflour to form a smooth paste, then gradually add the remaining Alpro Soya Original, stirring constantly. Add the ground almonds, vanilla extract, ground ginger, egg and half the honey. Divide the mixture equally between the 4 ramekins.
4. Put the ramekins in a ‘bain-marie’ and cook in the oven for approximately 15-20 minutes. Serve warm, topped with the toasted almonds and drizzled with the remaining honey for a little extra sweetness.

Fish Cakes & Mango Chutney  
4 portions

Fish cakes:
- 300g smoked mackerel, coarsely mashed
- 250g floury cooked potatoes
- 100g small prawns
- 1 onion, chopped
- A small bunch coriander leaves, chopped
- 2 tbsp. Alpro Soya Cuisine alternative to single cream
- 2 tbsp. lime juice
- 1.5 tbsp. cornflour
- 1 egg
- A pinch of ground nutmeg
- A pinch of freshly ground pepper
- 1-2 tbsp. olive oil

Mango chutney:
- 1½ red onions, roughly chopped
- ½ red chili pepper, deseeded and finely chopped
- 250g mango flesh, cubed
- 4 sprigs coriander, finely chopped
- 70ml cider vinegar
- 3 tbsp. honey
- 2 tbsp. Alpro Soya Cuisine alternative to single cream
- 2 tbsp. lime juice

Preparation:
1. Mango chutney: Place all ingredients, except the Alpro Soya Cuisine and lime juice, in a saucepan and bring to the boil. Reduce heat to low and gently simmer for 20 to 25 minutes, stirring frequently. Take off heat and stir in Alpro Soya Cuisine and lime juice and season to taste.
2. Fish cakes: Coarsely mash the mackerel and cooked potatoes then mix in the prawns, chopped onion, coriander, Alpro Soya Cuisine, lime juice and cornflour. Add the egg and season with nutmeg and pepper. Knead the mixture into flat round shapes. Fry them in the oil for 5 minutes on each side (until golden brown) OR bake them in a pre-heated oven at 180°C / gas 4 on a greased baking tray for about 15 - 20 minutes.
3. Serve the fish cakes with a fresh salad of cucumber and red onion rings and mango chutney.
At HEART UK - The Nation's Cholesterol Charity - we're passionate about reducing unhealthy cholesterol levels to help you maintain a healthy heart. That's why we have teamed up with Alpro UK Ltd. to develop the UCLP®, a revolutionary new diet plan to help control cholesterol levels.

HEART UK receives no government funding. If you would like to support our work please visit our website: www.heartuk.org.uk/donate. Alternatively, you can text donate by simply texting HART45 and the amount you wish to donate - £1, £3, £5 or £10 - to 70070.

Cholesterol helpline: 0345 450 5988 • Email: ask@heartuk.org.uk • Visit: www.heartuk.org.uk

Visit: www.heartuk.org.uk/UCLP for lots more UCLP® tips, tools, 5-minute store tour, recipes and menu ideas.