

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 healthy spreads.

Which foods contain saturated fat? Fatty and processed meat, butter, ghee, coconut and palm oils, lard, suet, full cream dairy (cheese, milk, yogurt, cream) and foods made from any of these such as biscuits, cakes, pies, all chocolate and pastries.

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.

Eat less...

Butter, ghee, coconut and palm oil, lard, suet, hard margarines.



Swap for...

Vegetable spreads and oils such as olive, rapeseed, sunflower and soya.

Fatty meat and processed meat products such as sausages, salamis, canned meat.



- Remove all visible fat from meat and the skin from poultry.
- Have red meat less often: no more than 500g (cooked weight) per week or 70-100g single serving.
- Have fish twice a week – one should be oil-rich.
- Reduce the meat in a dish and replace with beans, peas, lentils or vegetables.
- Have meat-free days: use beans, pulses or soya mince / chunks.

Full cream milk and yogurts and full cream coconut milks (canned).



- Semi-skimmed, 1% fat or skimmed dairy milk.
- Plant-based alternatives to milk such as soya, almond, coconut, rice or oat drinks (make sure they are calcium fortified).
- Lower fat dairy yogurts or soya alternatives to yogurt.

Dairy cream (all types), most dairy cheeses and coconut cream.



- Soya single alternative to cream.
- Instead of sour cream use lower fat dairy yogurt or simply plain soya alternative to yogurt.
- Lower fat cheeses e.g. cottage cheese.

Cakes, desserts and chocolate – especially cream and butter based. Coconut – fresh, dried and desiccated.



Plain buns e.g. currant / hot cross buns, scones, plain biscuits, fruit, lower fat dairy or plant-based alternatives to yogurts, soya desserts.

Pastry, sausage rolls, savoury and fruit pies, cream-based curries e.g. kormas, cheese and cream based pasta dishes, extra cheese or meat topped pizzas, sandwiches with cheese fillings.



Potato topped pies, fruit crumbles made with unsaturated spread, tomato and vegetable based curries and pasta dishes, thin crust pizzas with vegetable toppings, sandwich fillings such as hummus, lean chicken, egg salad and falafel.

Roasting or frying with butter, lard, other animal fats or coconut oil.



Use small quantities of vegetable oil or try other cooking methods e.g. boiling, grilling, steaming, roasting bags.

Other foods providing unsaturated fat include oil-based salad dressings, avocados, nuts and seeds.

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TAKE AWAYS & EATING OUT

It is very difficult to control what fats are used in meals that are eaten away from the home.

- Try and cut down how often you eat out or buy takeaways.
- Plan ahead by considering what you will be eating later in the day and choose a meal which balances that out.
- Ask for what you want e.g. vegetables without butter, sauces or dressings on the side, plain salads.
- Select dishes which are steamed, braised, grilled or baked and opt for tomato based sauces.

Top tips for eating out

- Fried or sautéed dishes, creamy or cheese based sauces, pastry and large portions of meat will contribute significantly to saturated fat intakes.
- **Curry house:** opt for tomato, vegetable or dry curries.
- **Pizza:** go for the thin and crispy base, plain cheese and tomato or vegetable topping.
- **Coffee shops:** many options are high in saturated fat. Ask for skimmed milk or a plant-based alternative when ordering coffee, tea and porridge. For a snack, choose dried fruit, nuts or a scone or tea cake (without butter). Avoid the croissants, rich pastries, cakes and biscuits.
- **Take-away sandwiches:** compare the front of pack labelling and the nutritional information of various sandwiches. Opt for lean chicken, fish, hummus or falafel varieties. Try and choose wholegrain bread. Sushi options are also a great low saturated fat option.

Using Food & Drink Labels

Opt for **green** or **amber** for saturated fat and avoid **red**.

SATURATED FAT PER 100g of FOODS (Solids)

LOW	MODERATE	HIGH
1.5g or less	Between 1.5g and 5.0g	More than 5g (or more than 6g in one recommended serving)

SATURATED FAT PER 100ml of LIQUIDS / DRINKS

LOW	MODERATE	HIGH
0.75g or less	Between 0.75g and 2.5g	More than 2.5g (or more than 3g in one recommended serving)



Medium latte
full cream dairy milk

Medium latte
soya altern. to milk



Chicken Korma
cream sauce

Chicken Dopiaza
tomato sauce



Pasta in a creamy
cheese sauce

Pasta in a
tomato sauce



Cheese sandwich
with mayo

Ham salad roll
unsaturated marg
+ no mayo



Croissant, butter,
jam + latte

Toast, low-fat spread,
jam + soya latte