



Your Ultimate Cholesterol Lowering Plan[®]

Step 1 – HEART HEALTHY DIET: making our foundation diet as heart healthy as possible by focusing on the first three food groups highlighted below. With the help of your health professional and your food and drink diary, decide which changes you would like to tackle first. **Set yourself a goal of 1-2 changes** to begin with. Once you have got your first set of changes underway, revisit these three food groups and consider what further changes you can make, setting yourself 1-2 challenges every few weeks.

Step 2 – Once you feel you have established a more heart healthy diet, it's time to consider the 'FOUR UCLP[®] FOODS'. Again, with the help of your health professional, decide **which** and **how many** of the four UCLP[®] foods you would like to incorporate into your heart healthy diet. Remember, any choice you make will help you maintain healthy cholesterol levels, so build up slowly.

1. Which part of your diet would you like to focus on? <small>Tick box/es</small>	2. What changes / foods would you like to incorporate into your diet?	Some options for you to consider.
Less Saturated Fats & Include Heart Healthy Fats <input type="checkbox"/>		<p>REDUCE SATURATED FAT FOODS:</p> <ul style="list-style-type: none"> Fatty and processed meats e.g. sausages, tinned meat Frying, roasting Butter, lard, ghee, coconut oil Full cream milk Hard cheese Cakes, chocolates, pastries <p>SWAP FOR LOWER SATURATED FAT FOODS:</p> <ul style="list-style-type: none"> Lean meat, remove all visible fat – less red meat – more fish and white meat Grill, boil, dry roast Unsaturated fat spreads and vegetable oils Low-fat milk and yogurts or soya alternatives Lower-fat cheeses Fruit, nuts and seeds for snacks
At Least 5-a-Day <input type="checkbox"/>		<p>At least 3 portions of vegetables & 2 portions of fruit every day. Fresh, frozen, canned and dried all count.</p> 
Oil-Rich Fish <input type="checkbox"/>		<p>One serving (140g) a week.</p> 
Soya Foods <input type="checkbox"/>		<p>Any ONE of the following DAILY</p> <p>Soya mince Soya / Edamame beans</p>  <p>Marinated tofu</p>
Sterol / Stanol Fortified Foods <input type="checkbox"/>		<p>ONE of these DAILY: OR 2-3 OF THESE DAILY (any combination):</p>  <p>ALWAYS TAKE WITH MEALS</p>
Nuts <input type="checkbox"/>		<p>A DAILY HANDFUL – UNSALTED & UNSWEETENED</p>  <p>walnuts pistachios almonds pecans peanuts</p>
Oat & Barley Beta-Glucans <input type="checkbox"/>		<p>2-3 DAILY (any combination):</p> <p>Oat-based bread* e.g. Hovis[®] Hearty Oats[™]</p> <p>Oat-based breakfast cereals*</p>  <p>*Check the food label: one serving should provide at least 1g beta-glucan</p>
Other Wholegrains <input type="checkbox"/>		<p>1-2 of these DAILY:</p>  <p>80g-100g BEANS / PULSES DAILY:</p> 
Beans & Pulses <input type="checkbox"/>		


HEART HEALTHY DIET ESSENTIALS

List as many POSITIVE reasons as you can for lowering your cholesterol?

1. _____
2. _____
3. _____

Keep referring back to this to keep you motivated.

Can you think of ANY reason/s for NOT making positive changes to your diet and lifestyle?

	Date:	Ideal level:	Your target:
Your total Cholesterol (mmol/l)			
Your Low Density Lipoprotein LDL-C "Bad Cholesterol" (mmol/l)			
Your Weight			
Your Waist Circumference 			

Food, Drink & Mood Diary

You may find it helpful to keep a record of everything you eat and drink for a few days. It may help identify if, where and how your eating habits can be improved. Here is a sample template which you can copy.

Food / Drink	Were you hungry?	Your mood?
Breakfast	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
Snack	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
Lunch	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
Snack	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
Dinner / Supper	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
Snack	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   

For more tips, information and recipes visit www.heartuk.org.uk/UCLP

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* Sterol / stanol containing products should only be used if you need to lower your cholesterol levels. You should not exceed 3g per day - always check the label for the sterol / stanol quantity in the food / drink. Sterol / stanol products should always be used as part of a healthy diet and lifestyle, which must include plenty of fruit and vegetables. Plant sterol/stanol containing products are not appropriate for pregnant and breastfeeding women and children under the age of five years unless instructed by a health professional.

