









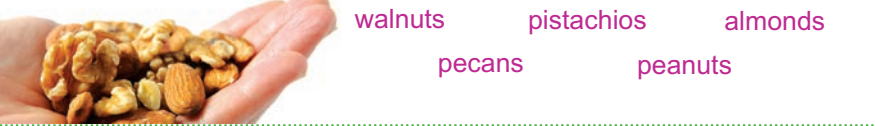



1. Which foods would you like to try? <small>Tick box/es</small>	2. How will you achieve these changes	Your options...	
<p>Reduce Saturated Fat</p> <input type="checkbox"/>		<p>HIGH SATURATED FAT FOODS:</p> <ul style="list-style-type: none"> Fatty and processed meats e.g. sausages, tinned meat Frying, roasting Butter, lard, ghee Full cream milk Hard cheese Cakes, chocolates, pastries 	<p>LOWER SATURATED FAT OPTIONS:</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 plant-based altern. Lower-fat cheeses Fruit, nuts and seeds for snacks
<p>Big Up Fruit & Veg 5-A-DAY</p> <input type="checkbox"/>		<p>5-A-DAY – Fresh – Frozen – Canned – Dried – Juice – Smoothies</p>	
<p>Oil-Rich Fish</p> <input type="checkbox"/>		<p>1-2 SERVINGS A WEEK (140g = 1 serve)</p>	
<p>Soya Foods</p> <input type="checkbox"/>		<p>Any of the following DAILY</p>	
<p>Sterol/Stanol Fortified Foods</p> <input type="checkbox"/>		<p>ONE of these DAILY: OR 2-3 OF THESE DAILY:</p> <p>ALWAYS TAKE WITH MEALS</p>	
<p>Nuts</p> <input type="checkbox"/>		<p>A DAILY HANDFUL – UNSALTED</p>	
<p>Oat Beta-glucan</p> <input type="checkbox"/>		<p>2-3 DAILY:</p>	
<p>Other Whole Grain</p> <input type="checkbox"/> <p>Beans & Pulses</p> <input type="checkbox"/>		<p>1-2 of these DAILY:</p>	<p>80g-100g BEANS/PULSES DAILY:</p>

Your Ultimate Cholesterol Lowering Plan[®]



- 1) **Decide which parts of the UCLP[®] you would like to try.** There are many options you can choose from to help towards lowering your cholesterol. It is always best to tackle saturated fat first. Any options you choose will improve your diet. Build up slowly.
- 2) With the help of your health professional, **decide how you can incorporate the UCLP[®] changes** you have selected – have a look at some of the examples.



1. Which foods would you like to try? <small>Tick box/es</small>	2. How will you achieve these changes	Your options...	
<p>Reduce Saturated Fat</p> <input type="checkbox"/>		<p>HIGH SATURATED FAT FOODS:</p> <ul style="list-style-type: none"> • Fatty and processed meats e.g. sausages, tinned meat • Frying, roasting • Butter, lard, ghee • Full cream milk • Hard cheese • Cakes, chocolates, pastries 	<p>LOWER SATURATED FAT OPTIONS:</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 plant-based altern. • Lower-fat cheeses • Fruit, nuts and seeds for snacks
<p>Big Up Fruit & Veg 5-A-DAY</p> <input type="checkbox"/>		<p>5-A-DAY – Fresh – Frozen – Canned – Dried – Juice – Smoothies</p> 	
<p>Oil-Rich Fish</p> <input type="checkbox"/>		<p>1-2 SERVINGS A WEEK (140g = 1 serve)</p> 	
<p>Soya Foods</p> <input type="checkbox"/>		<p>Any of the following DAILY</p> 	
<p>Sterol/Stanol Fortified Foods</p> <input type="checkbox"/>		<p>ONE OF these DAILY:  +Sterol/Stanol OR 2-3 OF THESE DAILY:  +Sterol/Stanol OR  2 tsp. +Sterol/Stanol OR  250ml sterol/stanol fortified milk</p> <p>ALWAYS TAKE WITH MEALS</p>	
<p>Nuts</p> <input type="checkbox"/>		<p>A DAILY HANDFUL – UNSALTED</p> 	
<p>Oat Beta-glucan</p> <input type="checkbox"/>		<p>2-3 DAILY:</p> 	
<p>Other Whole Grain</p> <input type="checkbox"/> <p>Beans & Pulses</p> <input type="checkbox"/>		<p>1-2 of these DAILY:</p>  <p>80g-100g BEANS/PULSES DAILY:</p> 	


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 changing?

	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 you identify when your eating habits need a little improving. SIMPLY PHOTOCOPIY THE DIARY BELOW.

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 further UCLP[®] information visit: www.heartuk.org.uk • www.alproplus.com

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* Sterol/stanol containing products should only be used if you need to lower your cholesterol levels and you are seeing your GP or health professional. 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 unless instructed by a health professional.