

UCLP[®] Step 2: Essentials for a Heart Healthy Diet*

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1044kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.

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FRUIT and VEGETABLES – at least 5-a-day

Aim for at least five portions of a variety of vegetables and fruit daily.

What is a portion for adults?

- A HANDFUL, 3 tbsp or 80g fresh, frozen or canned fruits and vegetables.
- 1 tbsp or 30g of dried fruit / vegetables.

All forms of fruits and vegetables count = FRESH, FROZEN, CANNED OR DRIED.

Download our **UCLP[®] At Least 5-a-Day information sheet** for more details - visit: www.heartuk.org.uk/UCLP.

POTATOES, BREAD, RICE and other STARCHY CARBOHYDRATES

Include at least one of these at each meal.

- Potatoes, yams, plantains. Boil, steam or bake rather than mash, fry or roast.
- Wholemeal, rye, granary or seeded breads and rolls.
- Wholegrain breakfast cereals e.g. wholewheat breakfast biscuits, malted wheat cereals, porridge, unsweetened muesli, bran flakes.
- Wholemeal pasta and brown rice.
- Unsweetened popcorn, oat cakes and wholegrain crackers.

Dairy and alternatives

Low fat dairy and fortified unsweetened / low in sugars plant-based alternatives are good sources of calcium and vitamins.

Opt for lower fat dairy options and avoid coconut yogurt alternatives as they are very high in saturated fat.

Opt for:

- Skimmed, 1% fat or semi-skimmed milk.
- Calcium fortified plant-based drinks including soya, almond, oat, cashew or rice drink.
- Low fat dairy yogurt or soya alternatives with added calcium.
- Match box size (30g) piece of lower-fat hard cheese e.g. reduced-fat cheddar.
- Cottage cheese.



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BEANS, PULSES, FISH, EGGS, MEAT and other proteins

Eat more plant-based proteins

Heart healthy diets contain more plant food sources of protein.

It is still OK to eat meat, but try to keep portions modest, lean and have one or more meat free days each week.

Plant-based proteins such as beans, pulses and nuts have a healthier balance of unsaturated (good) fats.

- Cut down on fatty and processed meat because they are high in saturated fat:
 - Have red meat less often and opt for smaller portions. Aim for less than 70g cooked meat per day.
 - Try and avoid processed meat e.g. bacon, pies, sausages, tinned meat.
 - Remove all visible fat and skin from meat and poultry.
- Include 2 portions of sustainably sourced fish per week. One portion should be oil-rich fish.
- Try swapping meat for beans, pulses, soya, nuts, Quorn and/or tofu in recipes.
- Choose healthier cooking methods such as grilling, dry roasting or stir frying.

Eggs and shellfish, although a source of cholesterol, do NOT have to be restricted EXCEPT in some cases (e.g. familial hypercholesterolaemia - FH) where it may be prudent to restrict egg intake to 3-4 per week.

OIL-RICH FISH – Once or twice a week

Oil-rich fish is a good source of the heart-healthy long-chain omega-3 fatty acids which are difficult to get from other foods.

A serving of fish is around 140g.

There are so many to choose from: Herring, kipper, mackerel, pilchards / sardines, salmon, trout, fresh water tuna (not canned).

NOTE: • Girls under 16 years and women of child-bearing age should not consume more than 2 servings of oil-rich fish a week. • Boys and girls under 16 years and women of child-bearing age should avoid marlin, shark and sword fish.

Foods and drinks HIGH IN FAT, SALT and / or SUGARS - Limit these

Foods such as cakes, butter, lard, savoury and sweet biscuits, sweets and chocolates, sweet and savoury pastry dishes, rich breads e.g. brioche, croissants and sugary drinks and snacks should be kept to a minimum. You don't have to stop them altogether just cut down: opt for small portion sizes and have them less often.

- **Healthier snack options:** fruit, nuts, seeds, lower fat yogurt or soya alternatives, semi-sweet biscuits instead of cream filled / chocolate biscuits, plain sweet buns such as currant or hot cross buns instead of cakes or rich breads.
- **Instead of sugary drinks** opt for 'sugar-free' varieties, water, tea and coffee without sugar. Fruit juice should be limited to no more than 150ml once a day.
- **Instead of butter, lard, ghee, coconut and palm oil** use nut and seed oils - such as rapeseed, soya, corn, sunflower, olive - and spreads made from these.

OILS and SPREADS

All types are high in calories, therefore try to use them sparingly.

- **For spreading** - use a spread made from unsaturated fats like rapeseed, olive and sunflower.
- **For high temperature cooking** - use rapeseed, sunflower or corn oil and don't re-use.
- **For salads** use a delicate extra virgin oil.

HYDRATION

Try and drink 6-8 glasses of fluid daily.

Water, unsweetened tea and coffee, sugar-free drinks, low fat milk and unsweetened plain plant-based drinks all count.