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…

6 out of 10 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 be</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>HDL – cholesterol</td>
<td>Ideally 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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</table>

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 everyday plan, is your choice. Don’t try to introduce all four at the same time, it is easier to build up slowly.

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**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.

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

Now is the time to review what you eat. Use your food diary and the tips below to help you.

Most meals should be made up of:

- One or more portions of fruit and vegetables. You should aim for at least 5 servings every day
- A starchy food such as bread, breakfast cereal, pasta, rice, noodles, potatoes, chapatti or yam. Where possible try to introduce whole grains, such as whole grain breakfast cereals, wholemeal bread, brown rice and wholemeal pasta
- Lean meat, poultry, fish and eggs and other protein sources such as beans, nuts, pulses and meat alternatives such as soya mince and chunks or quorn

In addition a healthy diet should include:

- Oil-rich fish – We should all include a serving (140g) of oil-rich fish at least once a week in our diet to help meet our omega-3 requirements. Try bloater, pilchards, sardines, salmon, trout, fresh tuna, sprats or mackerel
- 3 daily servings of calcium foods – choose lower fat options wherever possible – semi skimmed, skimmed or 1% fat milk and yogurts or calcium fortified plant-based alternatives such as almond milk, hazelnut drink, or soya milk and yogurt alternatives. Other sources of calcium include almonds, sesame seeds and soft bony fish such as sardines and pilchards
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 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, rapeseed, sunflower, soya</td>
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<tr>
<td>Fatty meat and processed meat products: sausages, salamis, canned meat</td>
<td>Remove all visible fat from meat and skin from poultry. Have red meat less often (no more than 500g raw weight per week). Have more poultry and fish. Have meat free days – using beans, pulses or soya mince/chunks instead</td>
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<tr>
<td>Full cream milk and yogurts and full cream, canned coconut milks</td>
<td>Semi-skimmed, 1% fat or skimmed dairy milk or try a plant-based alternative e.g. soya alternative to milk and yogurt; almond, oat, coconut or rice drink</td>
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<tr>
<td>Dairy cream (all types), most dairy cheeses and coconut cream</td>
<td>Alpro Soya Single alternative to cream. Lower fat cheeses e.g. cottage cheese</td>
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<tr>
<td>Cakes, desserts and chocolate – especially cream and butter based. Coconut (fresh, dried, desiccated)</td>
<td>Plain buns e.g. currant / hot cross buns, scones, plain biscuits, fruit, low-fat yogurts, soya alternatives to yogurt, soya desserts</td>
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<tr>
<td>Pastry – pies</td>
<td>Potato topped savoury dishes, crumbles made with unsaturated fat vegetable spreads</td>
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<tr>
<td>Roasting or frying with butter, lard other animal fats or coconut oil</td>
<td>Use vegetable oil instead or try other cooking methods without fat e.g. boiling, grilling, steaming</td>
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<tr>
<td>Other foods providing unsaturated fat include oil-based salad dressings, avocados, nuts and seeds.</td>
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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?
- Crudités and dips such as houmous 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?**

<table>
<thead>
<tr>
<th>Any ONE of these:</th>
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<tr>
<td>- A handful of soya nuts (also called roasted edamame beans)</td>
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<tr>
<td>- 2 large glasses (2 x 250ml) soya alternative to milk</td>
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<tr>
<td>- 100g soya mince / chunks (as served)</td>
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<tr>
<td>- 55g marinated tofu pieces</td>
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**OR**

<table>
<thead>
<tr>
<th>Any ONE of these PLUS...</th>
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<tr>
<td>- 75g tofu (silken hard variety)</td>
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<tr>
<td>- 70g soya mince / chunks (as served)</td>
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<tr>
<td>- 40g marinated tofu – great on salads or as a snack</td>
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<tr>
<td>- One soya burger</td>
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**OR**

<table>
<thead>
<tr>
<th>Any ONE of these:</th>
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<tbody>
<tr>
<td>- 125g pot Alpro dessert – caramel, chocolate, vanilla</td>
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<tr>
<td>- 125g Alpro Vanilla Custard</td>
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<tr>
<td>- 125g pot Alpro soya alternative to yogurt – fruity, vanilla or simply plain</td>
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**OR**

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

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 can lower your cholesterol by around 7-10%. To get this amount you need to have the following every day:

**ALWAYS TAKE AT A MAIN MEAL**

ONE mini-drink (65-100g bottle) – dairy or dairy-free (labeled that it has been fortified with stanols or sterols).

OR

Any **TWO-THREE servings** of the following products (labeled that they have been **fortified with stanols or sterols**):

- 2 tsp. (10-12g) spread
- 1 (120g) pot yogurt
- 1 (250ml) glass milk

* Please note that stanol or sterol-containing products:
  - Should only be used if you need to lower your cholesterol levels
  - Intakes of these products should not exceed 3g sterols / stanols a day – so always check the label
  - Should be consumed as part of a healthy balanced diet, which contains 5 servings of fruit and vegetables
  - Are NOT APPROPRIATE for pregnant and breastfeeding women or 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 of course: e.g. almonds, pistachios, walnuts, pecans, cashews and peanuts. Have as a snack or as part of a meal.
UCLP© Option 4 – Oats & Barley (beta-glucan)

Fibre comes in two forms – soluble and insoluble – both are essential for health and found in all plants: fruits, vegetables and cereals. Oats contain a special form of soluble fibre called beta-glucan, which can help to lower cholesterol.

How much should you eat?

3 servings of oat-rich or barely foods every day should provide the recommended 3g of beta-glucan needed to lower cholesterol.

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) oat bran – sprinkled onto cereals or added to casseroles, stews, soups and smoothies
- 1 oat breakfast biscuit, e.g. Oatibix
- 2 slices bread made with at least 50% oat flour e.g. Hovis Hearty Oats™
- 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 houmous dips or mashed with potatoes
**Breakfast**

- Scrambled egg on 2 slices toast made with 50% oat flour bread with 2 tsp. sterol / stanol fortified spread and topped with mushrooms and tomatoes.
- Berry Smoothie: simply whizz together 150ml Alpro Soya Original alternative to milk and 75g Alpro soya alternative to fruit yogurt with a small banana and a handful of berries.
- Tiered fruit and yogurt granola - see recipe on page 10.
- Porridge made with 150ml Alpro Soya Original alternative to milk topped with one tbsp. dried fruit.
- 2 Oatibix (oat cereal biscuits) with 140g Alpro Cherry or Blueberry soya alternative to yogurt and a chopped banana.
- Mackerel on toast using 2 slices 50% oat flour bread spread with 2 tsp. sterol / stanol fortified spread and topped with tomatoes. Serve with a small glass (150ml) of orange juice.
- Breakfast oatcakes with 2 tsp. peanut butter.

**Lunches**

- Bean or pulse based soup e.g. tomato and lentil or mixed bean, served with a crusty wholemeal roll with 2 tsp. sterol / stanols fortified spread.
  **Dessert:** a piece of fresh fruit.
- Houmous, grated carrot and salad filled wholemeal pitta bread.
  **Dessert:** 150g Alpro Simply Plain soya alternative to yogurt with one tbsp. dried fruit and a drizzle of honey.
- Sardines on toast using 2 slices 50% oat flour bread with 2 tsp. stenol / stanols fortified spread.
  **Dessert:** 150g serving Alpro Lemon & Lime soya alternative to yogurt with a serving of fruit.
- Jacket potato with baked beans and salad.
  **Dessert:** fruit compote sprinkled with oat bran and served with a 125g of Alpro Vanila Custard.
- Chicken and mixed bean salad with 4 rye crispbreads spread with 2 tsp. sterol / stanols fortified spread.
  **Dessert:** a piece of fruit.
- Vegetable-based soup e.g. carrot and sweet potato or pea and mint – avoid ‘cream of’ varieties – sprinkled with oat bran and served with a wholemeal roll with 2 tsp. sterol / stanols fortified spread.
  **Dessert:** 150g Alpro Strawberry with Rhubarb soya alternative to yogurt.
- Veggie omelette served with wholemeal bread with 2 tsp. sterol / stanols fortified spread and salad.
  **Dessert:** 125g Alpro soya dessert – choose from vanilla, dark chocolate, smooth chocolate or caramel.

**Evening Meal**

- Salmon with dill sauce – *see recipe on page 10*. Serve with brown basmati rice and a mixed side salad.
  **Dessert:** Summer pudding with Alpro Simply Plain soya alternative to yogurt.
- Salmon steak served with new potatoes, broccoli and carrots.
  **Dessert:** apple compote with a handful of almonds and topped with Alpro Vanilla Custard.
- 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:** raspberries parfait with cranachan – *see recipe on page 10*.
- Soya burger in a wholemeal bap served with lots of salad.
  **Dessert:** exotic fruit salad topped with Alpro Lemon & Lime soya alternative to yogurt or any other flavour of your choice.
- Spaghetti bolognaise using soya mince and canned beans instead of meat. Served with wholegrain spaghetti and a side salad.
  **Dessert:** 125g Alpro Smooth Chocolate 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 soyaccinno - using 200ml Alpro Soya Original alternative to milk.
- Handful (30g) of mixed unsalted nuts.
- 125g pot Alpro soya alternative to fruit yogurt sprinkled with oat bran.
- Wholemeal hot cross / currant bun.
- Small bowl of wholegrain breakfast cereal served with Alpro Soya Original alternative to milk.
- Handful (30-35g) of soya nuts or roasted Edamame beans.
- Wholemeal English muffin spread with 2 tsp. sterol / stanol fortified spread.
Raspberry parfait with Cranachan

Serves 2

Ingredients:
- 1 banana
- 4 tbsp. rolled oats
- 1 tbsp. caster sugar
- 200g frozen raspberries
- 300g Alpro Simply Plain soya alternative to yogurt
- 2 tsp. icing sugar
- 1 tbsp. toasted flaked almonds
- 2 tbsp. honey

Preparation:
1. Chop a banana into chunks and place in the freezer for 2-3 hours until frozen.
2. Mix the oats with the caster sugar and place under a low grill and toast, keeping a close eye on it to make sure you don’t burn it.
3. Put the banana, raspberries, Alpro Simply Plain and icing sugar in a food processor and blend until smooth.
4. Spoon into glasses and sprinkle with the oats, toasted almonds and honey.

Tiered fruit and yogurt granola

Serves 2

Ingredients:
- 4 tbsp. granola
- 2 tbsp. blueberries
- 2 tbsp. raspberries
- 250g Alpro Vanilla soya alternative to yogurt

Preparation:
1. Pop some of the granola and fruit into the bottom of the bowl.
2. Pour half the Alpro Vanilla on top.
3. Put in another layer of granola and fruit.
4. Add the remaining Alpro Vanilla.
5. Finish off with the remaining fruits for some serious summer colour!

Salmon with dill sauce

Serves 2

Ingredients:
- 2 x 125g salmon fillets
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Juice of half lemon
- Handful of chopped parsley
- Salt and pepper

For the dill sauce:
- 100ml Alpro Simply Plain soya alternative to yogurt
- 2 tbsp. extra-light mayonnaise
- 5cm cucumber, finely chopped
- 4 tbsp. fresh dill, chopped
- Salt and pepper, to taste

For the mash:
- 420g can butter beans, drained and rinsed
- 6 tbsp. Alpro Soya Original alternative to milk
- 4 spring onions, finely chopped

Preparation:
1. Pre-heat oven to 190°C / Gas Mark 5.
2. For the dill sauce: combine all ingredients in a food processor. Process until blended and refrigerate for 1-2 hours before serving.
3. For the salmon: mix 1 tbsp. oil, balsamic vinegar, lemon juice and the parsley. Place the salmon, skin side up, in a shallow oven proof dish, season and pour over the marinade. Allow to marinade for at least 10 minutes.
4. Cook the salmon in oven for 8-10 minutes. The salmon is cooked when the flesh becomes opaque or when it flakes easily with a fork.
5. For the mash: place the butter beans and 150ml cold water in a pan. Bring to the boil and simmer for 5 minutes. Pour into a food processor, season and whizz until fairly smooth, or mash with a potato masher. Return to the pan; add the Alpro Soya Original and spring onions and mix thoroughly.
6. Serve the salmon on a bed of butterbean mash and pour over a spoonful of sauce.
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.

For help and advice: Call: 0345 450 5988 • Email: ask@heartuk.org.uk • Visit: www.heartuk.org.uk

More UCLP® information will be available online from September 2014
www.heartuk.org.uk/UCLP