



# The UCLP<sup>®</sup> at a Glance

A healthy cholesterol level helps to keep our hearts healthy. However, more than half of UK adults have too much cholesterol in their blood (>5mmol/l).

The **Ultimate Cholesterol Lowering Plan<sup>®</sup>** (UCLP<sup>®</sup>) provides a simple, step-by-step and flexible routine that anyone can adopt. The UCLP<sup>®</sup> focuses on what foods we can have.

**Each step in the plan is important, move through them at your own pace.**

**It's always best to keep your doctor informed about any dietary changes you have made.**

## STEP 1: Getting motivated

- Think about why YOU WANT to improve your cholesterol levels. What has kept you from making changes in the past? How do you think you can overcome any problems?

*Writing these thoughts down* and referring to them when your motivation is low might help you to keep with the plan.

## STEP 2: The essentials for a heart healthy diet

- Getting the right balance of fats.** Eating too many foods high in saturated fat and few foods providing unsaturated fats can increase cholesterol levels. Saturated fat is mainly found in fatty meats, meat products, full-fat dairy foods, butter, lard, coconut oil, 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. More details can be found in our **Healthier Fats information sheet** - visit: [www.heartuk.org.uk/UCLP](http://www.heartuk.org.uk/UCLP).

**Cut down on...** — **Instead try...**

**Apple pie with dairy cream**  
9.1g SAT FAT

**Apple oatly crumble with soya alternative to single cream**  
4.8g SAT FAT

- Full fat milk and yogurts.
- Cream.
- Butter, ghee, lard, coconut and palm oil.
- Coconut cream and full cream canned coconut milk.

- Lower fat milk and yogurts and plant-based alternatives to milk and yogurt.
- Lower fat varieties of cheese e.g. cottage cheese.
- Soya single alternative to cream.
- Vegetable oils e.g. olive, sunflower and spreads made from these.

**Chocolate covered digestives**  
4.4g SAT FAT

- Sweet and savoury biscuits - flavoured, fancy, filled and chocolate coated.

**Rich tea biscuits**  
0.7g SAT FAT

- Plain crackers and biscuits like rich tea, garibaldi.

**2 pork sausages**  
13.8g SAT FAT

- Fatty and processed meats e.g. sausages, tinned meat, visible fat on meat and skin on poultry.

**Grilled chicken breast (skin removed)**  
0.4g SAT FAT

- Lean meat, remove visible fat / skin, meat replacements e.g. soya mince, white or oil-rich fish, beans and pulses.

**Chocolate eclair**  
14.5g SAT FAT

- Cakes, rich desserts and chocolate.

**Hot cross bun**  
0.9g SAT FAT

- Fruit, unsalted nuts, popcorn, (unsweetened / unsalted), hot cross / currant buns, teacakes, scones, low-fat dairy or soya desserts.

**Pastry meat pie**  
13.4g SAT FAT

- Pastry, creamy curries, cream and cheese based pasta sauces, extra cheese and fatty meat toppings on pizzas.

**Potato topped meat pie**  
7.7g SAT FAT

- Potato topped pies, vegetable and tomato sauce based curries and pasta sauces, plain and vegetable topped pizzas.

- At least 5-a-day:** three portions of vegetables and two portions of fruit daily. Canned, frozen, fresh and dried - all count! A serving is 80g, a handful or 3 tbsp. of fresh, frozen or canned fruit and vegetables and a tablespoon of dried fruit. More details in our **At Least 5-a-Day information sheet** - visit: [www.heartuk.org.uk/UCLP](http://www.heartuk.org.uk/UCLP).



- Oil-rich fish:** one to two 140g servings per week e.g. mackerel, salmon, pilchards, sardines, trout. Oil-rich fish contain long-chain omega-3 oils which, as part of a healthy diet and lifestyle, can help maintain a healthy heart.



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## STEP 3 – Four UCLP<sup>®</sup> foods to choose from

The following four foods and drinks, when consumed as part of your healthy diet and lifestyle, contribute to healthy cholesterol levels. Start by choosing one food to add to your heart healthy foundation diet and build up slowly to include more of the UCLP<sup>®</sup> foods.

### Which of the following UCLP<sup>®</sup> foods would you like to try first?

#### SOYA FOODS

Many soya foods are naturally low in saturated fat. Reducing saturated fat, as part of a healthy diet and lifestyle, can help maintain healthy cholesterol levels.

Select one or a combination of the following options to achieve a daily soya score of 4 or more:

- 4 One handful of soya nuts (roasted Edamame beans).
- 4 100g soya mince or chunks (as served).
- 4 85g marinated tofu.
- 3 75g silken hard tofu.
- 3 One soya burger.
- 2 One large (250ml) glass soya alternative to milk.
- 2 200g serving of simply plain or plain with almond or vanilla alternative to yogurt.
- 2 3-4 tablespoons (85g) fresh or frozen young soya beans (Edamame).
- 2 One soya sausage.
- 1 125g soya custard.
- 1 125g pot soya dessert: chocolate, caramel, vanilla.
- 1 125g pot soya alternative to fruit yogurt.



#### NUTS including peanuts – UNSALTED / UNSWEETENED



ONE handful (30-35g) every day of any of the following: almonds, pistachios, walnuts, pecans, cashews and peanuts. Have as a snack or as part of a meal. Nuts are a great source of unsaturated fats. Replacing foods high in saturated fat with foods high in unsaturated fat, as part of a healthy diet and lifestyle, has been shown to lower cholesterol levels.

#### Oat and Barley Beta-Glucans

Oats and barley contain a specific type of soluble fibre called beta-glucan, that, as part of a healthy diet and lifestyle, has been proven to help lower cholesterol levels.

##### Beta-glucans

Any TWO to THREE of the following daily:

- A bowl of porridge (25g or 3 tbsp oats) or a serving of oat-based breakfast cereals e.g. Oatibix, Mornflakes\*.
- 3 plain oatcakes.
- 2 slices Hovis<sup>®</sup> Hearty Oats<sup>™</sup> or other oaty breads\*.
- 2 tablespoons oatbran – sprinkled over cereals, soups, stews and yogurts.
- 75g cooked pearl barley.



\*Check the food label: one serving should provide at least 1g beta-glucans

#### Foods fortified with PLANT STEROLS / STANOLS\*

Plant sterols / stanols help reduce the amount of cholesterol our body absorbs. Include ANY ONE of the following options daily - ALWAYS WITH A MEAL:

- ONE mini-drink (65-100g bottle) - milk, yogurt or dairy-free varieties - fortified with sterols / stanols.



OR

TWO to THREE servings daily of ANY combination of the following products fortified with sterols / stanols:

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



#### OTHER SOLUBLE FIBRE SOURCES

##### Other wholegrain foods

1-2 servings daily of:

- 1 slice wholemeal bread / roll.
- 2 rye crispbreads.
- 2-3 handfuls of popcorn – unsalted / unsweetened.
- 1 small wholewheat tortilla / pitta bread.
- 1 wholemeal scone.
- 2-3 tbsp cooked brown rice / pasta.



##### Beans or pulses

One 80-100g serving (cooked weight): Baked beans, haricot beans, chick peas, lentils, dhal, kidney beans, Cannellini beans etc.

\* NOTE: Sterol / stanol containing products

• Should only be used for those needing to lower their blood cholesterol • Daily intake of sterols / stanols should not exceed 3g • Should be used as part of a diet, which includes plenty of fruit and vegetables to help maintain carotenoid levels • Are not appropriate for pregnant and breastfeeding women and children under the age of five years unless advised by a health professional.