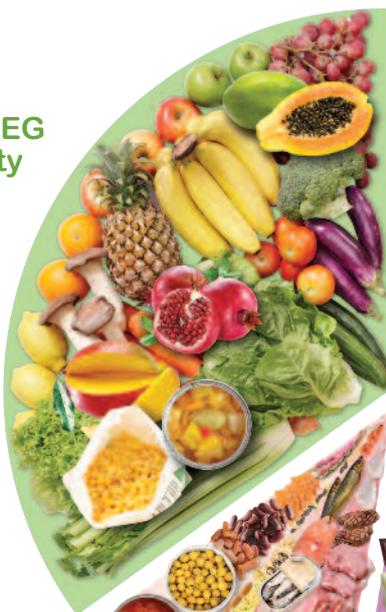




UCLP[®] Step 2: Essentials for a Heart Healthy Diet*

FRUIT & VEG Eat plenty



1 – 2 servings
Oil-rich fish weekly
140g = a serving

MEAT, FISH, EGGS, BEANS / PULSES and MEAT ALTERNATIVES Eat more plant-based proteins



STARCHY FOODS choose mainly wholegrains



CALCIUM FOODS incl. DAIRY and PLANT-BASED ALTERNATIVES

Foods and drinks HIGH IN FAT
and / or SUGAR
Limit these

FRUIT & VEG – at least 5-a-day.

Aim for three portions of vegetables and two portions of 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.

STARCHY FOODS – include wholegrains

Starchy foods should contribute to every meal and choose **wholegrains whenever possible**. Wholegrains will help increase fibre in the diet and provide vitamins and minerals. Good choices include:

- Potatoes, yams, sweet potatoes, plantains.
- Wholemeal and seeded breads.
- Wholegrain cereals:
 - Wholegrain breakfast cereals e.g. wholewheat breakfast biscuits, Shreddies, porridge, muesli, bran flakes.
 - Wholemeal pasta and brown rice.
 - Wholemeal or rye breads, rolls and crackers.

CALCIUM FOODS incl. DAIRY and PLANT- BASED ALTERNATIVES

~3 servings daily

3 daily servings of calcium containing foods would meet the calcium needs for most individuals (teenage boys would require around 3-4 servings a day).

A serving is equivalent to:

- 200ml semi, 1% fat or skimmed milk.
- 200ml calcium fortified plant-based alternative to milk including soya, almond, hazelnut or rice drink.
- 125g-150g pot of low fat dairy yogurt or soya alternative with added calcium.
- Match box size (30g) piece of lower-fat hard cheese e.g. reduced-fat cheddar.
- 125g portion of cottage cheese.

Other non-dairy foods providing calcium include: sardines and pilchards (where the small bones are eaten), almonds, sesame seeds and white / seeded / brown breads.



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

MEAT, FISH, EGGS, BEANS / PULSES and MEAT ALTERNATIVES. Eat more plant-based proteins

These foods provide us with protein – the body's building block. It's important to watch our portions and choose the lower fat versions to help keep saturated fat intake down.

Try and include more plant-based proteins such as beans, pulses and nuts which are lower in saturated fat and provide the heart-healthy unsaturated fats.

- Cut down on fatty and processed meat because they are high in saturated fat:
 - Red meat – try to keep portions modest (70-100g) and limit red meat to 2-4 times a week. As a rule of thumb a portion is the size of a deck of cards.
 - Try and avoid processed meat e.g. pies, sausages, tinned meat.
 - Remove all visible fat and skin from meat and poultry.
- Try the occasional meat free day, using beans / pulses, soya mince or soya chunks instead of meat.
- 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) 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 an exceptional source of the heart-healthy long-chain omega-3 fatty acids which are difficult to source from other foods. Consuming omega-3 fats (EPA and DHA), as part of a healthy diet and lifestyle, contribute to normal function of the heart.

A serving of fish is around 140g.

There are so many to choose from: Bloaters, carp, eel, herring, jack fish, kipper, mackerel, pilchards / sardines, salmon, trout, fresh water tuna (not canned), whitebait and whiting.

NOTE: • Girls under 16 years and all 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 all women of child-bearing age should AVOID MARLIN, SHARK & SWORD-FISH. Other groups should have no more than one portion per week.

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

Foods such as cakes, butter, lard, savoury and sweet biscuits, confectionary, sweet and savoury pastry dishes, rich breads e.g. brioche, croissants and sugary drinks should be kept to a minimum. It would be unrealistic to completely avoid these foods and therefore the focus should be on reducing the portion size and eating them less often.

- **Healthier snack options:** fruit, nuts, seeds, lower fat yogurt or soya alternatives, plain 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 hard fats** like butter, lard and ghee, use vegetable oils instead. Spreads made from vegetable oils, such as sunflower or olive oil are also a good option.

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.**
- **A starchy food** such as bread, breakfast cereal, pasta, rice, noodles, potatoes, chapatti or yam.
 - Where possible use wholegrains, such as wholegrain breakfast cereals, wholemeal bread, brown rice and wholemeal pasta.

- **Lean meat, poultry or plant proteins** such as beans, nuts, pulses and meat alternatives such as soya mince and chunks.

In addition, a healthy diet should include:

- **Oil-rich fish** – a serving (140g) of oil-rich fish at least once a week in our diet to help meet our omega-3 requirements.
- **Calcium foods** – 3 daily servings.