

The Ultimate Cholesterol Lowering Plan®



A healthy cholesterol level helps to keep our hearts healthy. However, 6 out of 10 UK adults have too much cholesterol in their blood.

The **Ultimate Cholesterol Lowering Plan** (UCLP®) provides a simple, step-by-step and flexible routine that anyone can adopt. The UCLP focus is mainly 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 – Building strong foundations

- Saturated Fat** – from meat, dairy foods, palm and coconut oils. Too much saturated fat will increase our cholesterol levels. It is important to cut down as much as possible.

Cut down on... **— Instead try...**

Apple pie with dairy cream
9.1g SAT FAT



- Full fat milk and yogurts
- Lower fat varieties of cheese e.g. cottage cheese
- Cream
- Butter, ghee, lard, coconut and palm oil

Apple Oaty Crumble with soya cream alternative
4.8g SAT FAT



- Lower fat milks and yogurts or soya milk and yogurt alternatives
- Lower fat varieties of cheese e.g. cottage cheese
- Try soya single cream alternative
- Vegetable oils, olive or sunflower margarines

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

Grilled chicken breast (skin removed)
0.4g SAT FAT



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

Chocolate eclair
14.5g SAT FAT



Cakes, rich desserts and chocolates

Hot cross bun
0.9g SAT FAT



Fruit, nuts, popcorn, hot cross/currant buns, teacakes, scones, low fat dairy desserts or soya desserts

Pastry meat pie
13.4g SAT FAT



Pastry

Potato topped meat pie
7.7g SAT FAT



Potato topped savoury dishes

- Fruit and vegetables** – 5 servings-a-day – Are you getting enough? Canned, frozen, fresh, dried, juiced and smoothies all count! A serving is a handful of fresh, frozen or canned fruit and vegetables, a tablespoon of dried fruit or 150ml pure fruit juice.



- Oil-Rich Fish** – One to two 140g servings per week e.g. Mackerel, Salmon, Pilchards, Trout. Oil-rich fish contain long chain omega-3 oils which can help maintain a healthy heart.

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STEP 3 – Four cholesterol busting foods to choose from

EACH ONE of the following foods, when eaten as part of a low saturated fat diet, can help to lower your cholesterol. Start by choosing one food to add to your low saturated fat diet and build up slowly to include more of the UCLP foods.

Which of the following UCLP foods would you like to try first?

SOYA FOODS

Soya foods are naturally low in saturated fat. Soya protein has been shown to actively lower cholesterol.

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
- ③ 25g (dry weight) soya mince or chunks
- ③ 75g silken hard tofu
- ③ One soya burger
- ② One large (250ml) glass soya milk alternative
- ② 3-4 tablespoons (85g) fresh or frozen young soya beans (Edamame)
- ② 25g marinated tofu
- ② One soya sausage
- ② 200ml carton soya shake - chocolate, vanilla, strawberry
- ①.5 150g serving plain or vanilla soya yogurt alternative
- ①.5 200g soya custard
- ① Soya dessert (125g) - chocolate, caramel, vanilla
- ① 125g pot soya fruit yogurt alternative



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:

- 2 x 250ml glasses of Alpro soya plus milk alternative with added plant sterols

OR

- 1 mini-yogurt drink fortified with sterols/stanols

OR

2-3 daily servings of any of the following products fortified with sterols/stanols:

- 2 tsp (10g) margarine/spreads
- 1 (125g) pot yogurt
- 1 (250ml) glass fortified dairy milk
- 1 (250ml) glass of Alpro soya plus milk alternative



NUTS including peanuts – UNSALTED

ONE handful (30g) every day of any of the following:

almonds, pistachios, walnuts, pecans, cashews and **peanuts** use as snacks 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** such as nuts, can help maintain healthy cholesterol levels.*



SOLUBLE FIBRE

Increase your soluble fibre, especially from oats. Oats contain a specific type of soluble fibre called **beta-glucan** which has been proven to help maintain healthy cholesterol levels.

OATS Beta-glucan

Any **TWO-THREE** of the following daily:

- A bowl of porridge (30g dry weight) or a serving of oat-based breakfast cereals e.g. Oatibix, Optivita
- 3 plain oatcakes
- 2 slices "Hearty Oats" bread
- 2 tablespoons oatbran – sprinkled over cereals, soups, stews and yogurts.



OTHER WHOLE GRAIN 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 tablespoons 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 serum cholesterol and daily intake 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