

Dietary Changes to Help Manage My Cholesterol

Tick the areas found during your health chat that need working on.

Then, look at the choices under **HOW I CAN IMPROVE** to find ways to make positive changes. After looking at your choices, choose just 1-2 areas from **IMPROVEMENTS I CAN MAKE** to concentrate on over the next four weeks.

IMPROVEMENTS I CAN MAKE...	HOW I CAN IMPROVE...
<p>Cut down on foods that are high in saturated fat, salt and/or sugars...</p> <p><input type="checkbox"/> Red meat, processed meat and other fatty meat Learn more about Saturated Fat* → </p>	<p>Choose foods low in saturated fats*, salt and/or sugars and choose for foods that provide heart healthy unsaturated fats** and those with added stanols/sterols***</p> <p><input type="checkbox"/> Red meat less than four times a week. A portion is the size of your palm or a deck of cards</p> <p><input type="checkbox"/> Avoid processed meat e.g. sausages, tinned meat, salamis etc.</p> <p><input type="checkbox"/> Choose leaner cuts of meat. E.g., 5% fat mince, remove the skin from poultry (chicken, turkey, duck) and all visible fats (white fat) from meat</p> <p><input type="checkbox"/> Replace some or all the meat in recipes with beans, lentils, soya mince/chunks, plain Quorn (mince, pieces, fillets), vegetables e.g., veg chilli, chickpea curry, lentil Bolognese</p> <p><input type="checkbox"/> Eat fish at least twice a week, one of which should be oily (mackerel, sardines, salmon, herring, kippers)</p> <p><input type="checkbox"/> Go meat-free at least two days a week e.g. veg chilli, chickpea burger, tofu stir fry, baked fish, lentil and mushroom Bolognese</p>
<p><input type="checkbox"/> Full fat dairy foods: milk, yogurt, cream & plant-based coconut alternatives</p> <p><input type="checkbox"/> Cheese. Hard and semi-hard cheeses are also very high in salt</p> <p>Learn more about Saturated Fat* → </p>	<p><input type="checkbox"/> Always choose low fat or fat-free milk (semi-skimmed, 1% fat or skimmed) and low-fat/diet yogurts (<3g fat/100g) OR choose unsweetened fortified plant-based alternatives except for coconut!</p> <p><input type="checkbox"/> Limit cream to special occasions - replace with 0% fat crème fraiche, or use low fat yogurt</p> <p><input type="checkbox"/> Choose low fat cottage or Quark cheese - you can have these daily</p> <p><input type="checkbox"/> Limit hard and semi-hard cheeses even those labelled 'reduced fat': try and have less than four times a week - keep to 30g (2-thumb-widths) portion.</p>
<p><input type="checkbox"/> Butter, ghee, other animal fat (e.g., lard) & palm or coconut oil</p> <p>Learn more about Fats & Oils** → </p>	<p><input type="checkbox"/> Choose vegetable, nut or seed oils and spreads made with these e.g., olive, rapeseed, sunflower, safflower, peanut. Use in moderation</p> <p><input type="checkbox"/> Choose cooking methods that do not require added fats e.g., boiling, baking, grilling, poaching, roasting bags</p>
<p><input type="checkbox"/> Fast food, take-aways or ready meals.</p> <p>Creamy curries, meat & stuffed crusty pizzas, pastry pies, fatty sandwiches, cheese based pastas</p> <p>Explore our Recipes → </p>	<p><input type="checkbox"/> Work towards having fast food and take aways less than twice a week. Gradually cut down, by adding an extra day without them</p> <p><input type="checkbox"/> For ready meals, choose those that are green for saturated fat, salt and sugar and keep to the recommended serving</p> <p><input type="checkbox"/> Smaller portions & add vegetables and/or beans</p> <p><input type="checkbox"/> Tomato based or dry curries • Plain margherita pizza with extra veg on top & add a side salad • Potato topped pies • Sandwiches with salad plus a lean protein e.g., fish, egg, falafel, hummus, chicken or turkey (no skin), skip the mayo • Tomato based pastas</p> <p><input type="checkbox"/> Sushi is an excellent low fat option</p>
<p><input type="checkbox"/> Savoury snacks. Crisps, or salted, honeyed or yogurt coated nuts, pork scratchings, pies and sausage rolls, beef jerky, salty savoury snacks, chips</p> <p>Learn more about Snacking → </p>	<p><input type="checkbox"/> A handful of unsweetened/unsalted nuts (25-30g)</p> <p><input type="checkbox"/> Unsweetened/unsalted popped corn</p> <p><input type="checkbox"/> Oat crackers with peanut butter</p> <p><input type="checkbox"/> Veg sticks/oat cakes with low fat hummus or tomato salsa or low fat yogurt & mint</p> <p><input type="checkbox"/> Baked potato wedges with vegetable or seed oil (not coconut)</p>
<p><input type="checkbox"/> Sweet snacks. Biscuits, cakes, pastries, sweet, chocolate, desserts, puddings</p> <p>Learn more about Snacking → </p>	<p><input type="checkbox"/> Fresh, tinned, frozen or dried fruit with low fat yogurt</p> <p><input type="checkbox"/> Small handful nuts (25-30g)</p> <p><input type="checkbox"/> Small bowl wholegrain breakfast cereal with low fat milk</p> <p><input type="checkbox"/> 2 plain biscuits e.g., rich tea or garibaldi</p> <p><input type="checkbox"/> Currant/hot cross bun, tea cake, wholemeal fruit scone</p>
<p><input type="checkbox"/> Not achieving 5-a-day</p> <p>Learn more about Fruit & Veg → </p>	<p><input type="checkbox"/> Include fruit and/or veg with each meal and snack: fresh, frozen, canned, dried</p> <p><input type="checkbox"/> Breakfast: a small banana or handful frozen berries with cereal/porridge</p> <p><input type="checkbox"/> Lunch: salad in sandwiches/wraps, side salad, bean and veg soups</p> <p><input type="checkbox"/> Dinner: always add salad and/or at least two cooked veg</p>
<p><input type="checkbox"/> Not taking foods fortified with plant stanols or sterols***</p> <p>Learn more about Sterols & Stanols → </p>	<p><input type="checkbox"/> Include daily food with added plant stanols or sterols e.g. spread (3 x 10g servings) OR ONE mini drink WITH a meal OR ONE yogurt for example as a pudding</p>



My Action Plan

Complete the details for the 1-2 actions you have decided to focus on and keep a record over the next four weeks of how well you are keeping on track!

1) I am going to focus on... (tick your 1-2 chosen goals)	2) MY ACTIONS & SWAPS... Choosing from the above options or add in your own, how will you make this happen?	3) Days Achieved (tick off the days that you achieve your goal to help you stay on track)						
		Week	M	T	W	T	F	S
<input type="checkbox"/> Reducing red and/or processed meat* 	e.g., will go meat free twice a week	1						
		2						
		3						
		4						
<input type="checkbox"/> Choosing low fat dairy foods* 	e.g., swap hard cheese for cottage cheese	1						
		2						
		3						
		4						
<input type="checkbox"/> Switching to healthy fats instead of animal, coconut and palm fats** 	e.g., swap butter for an olive oil spread and cook with rapeseed oil	1						
		2						
		3						
		4						
<input type="checkbox"/> Cut down on fast foods and ready meals high in saturated fat and salt* 	e.g., pizza only once a week and will add veg on top	1						
		2						
		3						
		4						
<input type="checkbox"/> Eating healthier snacks** 	e.g., swap to a handful of nuts instead of crisps	1						
		2						
		3						
		4						
<input type="checkbox"/> Choosing healthier sweet treats and puddings 	e.g., swap to just 2 plain biscuits instead of chocolate digestives	1						
		2						
		3						
		4						
<input type="checkbox"/> Eating at least 5-a-day 	e.g., will add a handful of berries to my breakfast	1						
		2						
		3						
		4						
<input type="checkbox"/> Having foods fortified with plant sterols / stanols every day*** 	e.g., include a mini drink with my breakfast	1						
		2						
		3						
		4						

Once you've successfully incorporated your first dietary changes into your daily routine, consider reviewing your options and setting 1-2 new goals. Aim to make 1-2 changes every 4 weeks to continue your progress.

FOR MORE INFORMATION, TIPS AND RECIPES GO TO [heartuk.org.uk/healthy-living](https://www.heartuk.org.uk/healthy-living)



* Reducing consumption of foods high in saturated fat, as part of a balanced diet and healthy lifestyle, contributes to the maintenance of normal blood cholesterol levels. **Replacing saturated fats with unsaturated fats, as part of a balanced diet and healthy lifestyle, has been shown to lower blood cholesterol. ***Plant sterols and plant stanol esters, as part of a balanced diet and healthy lifestyle, have been shown to lower blood cholesterol. The beneficial effect is obtained with a daily intake of 1.5g-3g plant sterols/stanols.

This document is not intended to replace medical advice.