



How Well Are You Doing Already?

The UCLP[®] Check List

Complete our check list below to see which parts of your diet are already heart healthy and where you can still make some improvements.

| Tick the boxes that apply to you | YES | SOMETIMES | NO |
|---|--------------------------|--------------------------|--------------------------|
| Do you have at least 5 portions of fruit and veg every day? Fresh, frozen, tinned and dried all count. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have 2 portions of fish every week – one of which is oil-rich e.g. sardines, pilchards, salmon, kippers? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have at least 2 meat-free days in a week? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat plant protein foods every day e.g. peas, beans (incl. baked beans), nuts, lentils, soya, Quorn™ etc.? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you keep fatty and processed meat to a minimum e.g. sausages, pies, salamis, bacon, tinned meats, sausage rolls etc.? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat wholegrain foods every day e.g. wholemeal bread / chapatti, wholegrain pasta or breakfast cereals, brown rice, oats / porridge? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you use vegetable oils and spreads such as sunflower, rapeseed, olive and corn instead of coconut oil, butter, ghee, palm oil and other hard animal fats? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you usually opt for lower-fat dairy options e.g. low-fat milk and yogurts, lower fat cheese OR plant-based drinks and yogurt alternatives? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you usually opt for diet / sugar-free drinks over sweetened versions or fruit juice? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you avoid snacking on fatty, sugary and salty snacks e.g. chocolates, crisps, chocolate covered or filled biscuits, Indian sweets, pastries, etc.? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you avoid high fat and salty fast food and take-aways such as fried chicken, tacos, creamy curries, kebabs, burgers, chips, fried fish and sandwiches with mayonnaise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Where you answered YES: WELL DONE & CARRY ON

Congratulate yourself as this means you are already taking steps to manage your heart health.

Where you answered NO or SOMETIMES

Aim to make one improvement every 2-3 weeks. Trying to make too many improvements all at once can be overwhelming and makes it more difficult to keep this up for the long-term.

Once you have decided which part of your diet you want to tackle first, refer to the **UCLP[®] Step 2 Heart Healthy Foundations at heartuk.org.uk/uclp** for lots of ideas and tips.

Step 2 of the UCLP[®] is all about building strong heart healthy foundations

There are lots of improvements to choose from. For best results, it is best to start with: including more **heart healthy fats** whilst reducing saturated fat and **achieving your 5-a-day**.



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www.heartuk.org.uk/uclp