



# UCLP<sup>®</sup> Step 2: Heart Healthy Fats

Replacing foods high in saturated fat with foods high in unsaturated fat, as part of a balanced diet, helps to lower cholesterol levels.

## Which foods contain saturated fat?

Fatty and processed meat, butter, ghee, coconut and palm oils, lard, suet, full fat dairy (cheese, milk, yogurt, cream) and foods made from any of these such as biscuits, cakes, pies, chocolate and pastries.



**Plant foods**, in the main, provide **unsaturated fats** such as nuts, seeds, avocados, vegetable oils and vegetable oil-based spreads and salad dressings. **Oil-rich fish** such as sardines, salmon and pilchards are a good source of omega-3 unsaturated fats.

Consider what you eat and drink now – are there any changes you can make? Have a look at the ideas below.

## Eat less...

Butter, ghee, lard, suet, hard margarines, coconut oil and palm oil.

- Fatty meat and processed meat products such as sausages, fatty bacon, salamis, canned meat.
- Have red meat less often and smaller portions: no more than 70g cooked or 110g raw per person per day [500g cooked/700-750g raw per week].

- Full fat milk and yogurts.
- Canned coconut milk and coconut alternatives to yogurt.

- Most cheeses.
- Dairy creams.
- Coconut alternatives to cream and dairy-free cheeses based on coconut fat/oil.

- Cakes and desserts especially pastry, cream and butter-based varieties.
- Cookies and rich biscuits with chocolate, coconut and/or with fillings.
- Sweet pastries and doughnuts.
- All types of chocolate. Sweets especially nougat, toffee and fudge.
- Coconut - fresh, dried, desiccated.

Sausage rolls and pies. Creamy or coconut-based curries e.g. Korma, Tikka Masala. Cheese and cream-based pasta dishes. Extra cheese or meat topped pizzas. Sandwiches with cheese, processed meat and/or mayo fillings.

Roasting or frying with butter, lard, other animal fats or coconut oil.

## Replace with...

Vegetable spreads and oils such as olive, rapeseed, and soya.

- Remove all visible fat from meat and the skin from poultry.
- Have fish twice a week – one should be oil-rich.
- Replace half or all meat in a recipe with beans, peas, lentils or vegetables.
- Have meat-free days: use beans, pulses or soya mince/chunks.

- Skimmed, 1% fat or semi-skimmed dairy milk.
- Calcium fortified unsweetened/low in sugars plant-based drinks: soya, almond, rice or oat.
- Low fat/fat-free yogurts or soya alternatives to yogurt.

- Lower fat cheeses e.g. cottage cheese, Quark, natural fat-free fromage frais or small portions of 'lighter'/'reduced fat' hard and soft cheeses.
- Soya single alternative to cream.

- Fruit-based desserts e.g. baked/stewed fruit, fruit crumbles made with vegetable spread, oats, chopped nuts and seeds.
- Sugar-free jellies with fruit, fruit salad.
- Plain biscuits e.g. rich tea.
- Plain buns e.g. currant/hot cross and plain or fruit scones.
- Fruit and low fat/fat-free yogurt or soya alternative to yogurt.

Potato topped pies. Tomato and vegetable-based curries and pasta dishes. Thin crust pizzas with vegetable toppings. Sandwiches with wholemeal bread, lots of salad and fillings such as hummus, lean chicken, egg and falafel.

Use small quantities of vegetable oil e.g. rapeseed or try other cooking methods e.g. boiling, grilling, steaming, roasting bags.

# TOP TIPS FOR TAKE-AWAYS, EATING OUT & READY MEALS

It is very difficult to control what fats are used in meals that are eaten away from the home.

- Try to cut down on how often you eat out or buy take-aways.
- Plan ahead by considering what you will be eating later in the day and choose a meal which balances that out.
- Ask for what you want e.g. vegetables without butter, sauces or dressings on the side, plain salads.
- Select dishes which are steamed, braised, grilled or baked and opt for tomato-based sauces.

- **Cut down on** fried or sautéed dishes, creamy or cheese-based sauces, pastry and large portions of meat as these are high in saturated fats.
- **Curry house:** opt for tomato-based, vegetable or dry curries instead of creamy varieties.
- **Pizza:** go for the thin and crispy base, plain cheese and tomato or vegetable topping.
- **Coffee shops:** many options are high in saturated fat. Ask for skimmed or low fat milk or an unsweetened/low sugars plant-based drink when ordering coffee, tea and porridge. For a snack, choose dried fruit, nuts or a scone, biscotti or tea cake (without butter). Avoid the croissants, rich pastries, cakes and other biscuits.
- **Take-away sandwiches:** compare the front of pack labelling and the nutritional information of various sandwiches. Opt for lean chicken, fish, avocado, hummus or falafel varieties. Try and choose wholegrain bread. Sushi options are also low in saturated fat.

## Using Food and Drink Labels

Opt for **green** or **amber** and avoid **red**.

### SATURATED FAT PER 100g of FOODS

**LOW**

1.5g  
or less

**MODERATE**

Between  
1.5g and 5.0g

**HIGH**

More than 5g  
(or more than  
6g in one  
recommended  
serving)

### SATURATED FAT PER 100ml of DRINKS

**LOW**

0.75g  
or less

**MODERATE**

Between  
0.75g and 2.5g

**HIGH**

More than 2.5g  
(or more than  
3g in one  
recommended  
serving)

## Easy swaps to lower saturated fats\*

5.7g  
SAT FAT



Medium cappuccino  
(200ml full fat dairy milk)

0.8g  
SAT FAT



Medium soyaccino  
(200ml soya altern. to milk)



6.3g  
SAT FAT



Plain butter croissant

3.0g  
SAT FAT



2 wholemeal toast with low-fat  
spread & jam

23.1g  
SAT FAT



Cheese mayo sandwich  
(butter on bread)

7.7g  
SAT FAT



Lower fat cheese and  
salad wholemeal sandwich  
(low fat spread on bread)

3.6g  
SAT FAT



Average slice (70g) of  
carrot cake

1.3g  
SAT FAT



Hot cross bun (70g)

13.6g  
SAT FAT



Pasta in a creamy cheese sauce

1.3g  
SAT FAT



Pasta in a tomato sauce

9.6g  
SAT FAT



Chicken Korma  
with Pilau rice\*\*  
(creamy sauce base)

1.9g  
SAT FAT



Chicken Jalfrezi or Dopiaza  
with plain rice\*\*  
(tomato sauce base)

4.3g  
SAT FAT



2 chocolate digestives

1.0g  
SAT FAT



2 Jaffa cakes

\*Saturated fat values based on the average servings and calculated using DietPlan7.

\*\*The average value of ready meal varieties from 6 leading retail stores.