



UCLP[®] Step 2 Heart Healthy Foundations

A heart healthy foundation diet is all about making better choices to your day to day eating habits to ensure your diet is as heart healthy as possible.

TOP TIPS

1. Complete our food and drink diaries or UCLP[®] check list [visit heartuk.org.uk/uclp and go to 'Step 2' to download] to help you identify which part of Step 2 you really need to focus on.
2. Select which food group you want to focus on first. It is always best to start with **heart healthy fats**.
3. Select just one or two of the recommended changes within each food group at a time.
4. Gradually incorporate more changes and review your progress every 2-4 weeks.

Heart Healthy Fats

Replacing foods high in saturated fat with foods high in unsaturated fat helps to lower cholesterol levels.

Cut down on foods high in saturated fat

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

Plant foods, oils and spreads

In the main, provide **unsaturated fats**, which when eaten in moderation are heart healthy. E.g. *nuts, seeds, avocados, vegetable oils and vegetable oil based spreads and salad dressings.*



It is important to remember that all types of fat are very concentrated in calories, so make a little go a long way.

Rather than frying or roasting, try other cooking methods such as boiling, roasting bags, grilling and baking.

See our **'Heart Healthy Fats'** fact sheet for more ideas and top tips.

More Plant Proteins & Less Meat Beans and pulses



ANY that take your fancy: baked beans, chickpeas, kidney beans or cannellini beans. Beans and lentils are a great source of fibre and we recommend you include a daily serving of at least 100g or 6 tablespoons.

- Try adding to soups, stews, salads, curries, stir fries and pasta dishes.
- Use to make dips e.g. hummus or mash with potatoes.

Nuts

- Any unsalted nuts such as peanuts, almonds, walnuts, cashews, hazelnuts (a portion is a small handful).
- Peanut butter – opt for the lower salt varieties.

Reducing red meat and avoiding processed meat

- Lean red meat – no more than 500g cooked weight (700-750g raw) per week.
 - A single serve is no more than: 110g raw or 70g cooked.
 - Remove all visible fat.
 - Try to have a couple of meat-free days every week.
 - Replace half the meat quantity in recipes with beans, lentils, soya or Quorn[™].

Other animal proteins

- Chicken (1-2 thighs or 1 breast counts as a portion) with skin removed.
- Choose fish twice a week. Two servings of fish a week (140g or a small fillet is one serving). One of which should be oil-rich [see next page].
- Eggs (a couple counts as a portion), poached, boiled or scrambled. Some individuals need to restrict eggs; discuss with your health professional.

Best to avoid: processed meats such as tinned meats, bacon, meat pies and pasties, salamis.

Achieving Your 5-a-Day

Fresh, frozen, canned, dried – all count

Fruit juice and smoothies can only count once and at no more than 150ml per day.

Download our **UCLP[®] Step 2: At Least 5-a-Day** for lots of helpful tips to help you increase your fruit and vegetable intake.

An adult serving is:



16 medium lady's fingers/okra



1 medium sweet potato



3 tbsp peas



3 tbsp sweetcorn or other canned vegetables or fruit in water/natural juice



1 slice of mango



A bowl of salad



1 tbsp dried small fruit



A handful of strawberries or other fresh or frozen berries

Wholegrains & Potatoes

INCLUDE WITH EVERY MEAL

Breakfast cereals

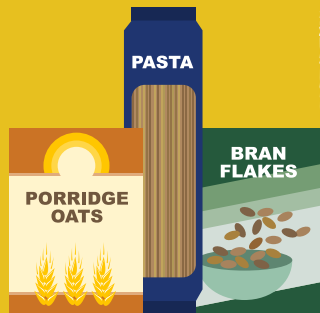
A small cereal bowl of: malted wheats, bran flakes, multigrain hoops, oat flakes, unsweetened muesli, porridge or 2 shredded wheat-type or Weetabix-type biscuits.

Wholemeal breads

2 slices of bread, 1 small or ½ large pitta, 1 bagel, roll, small wrap/tortilla or small baguette, small chapatti without added fat or 1 English muffin.

Potatoes, yams, plantains and sweet potatoes

Boiled or baked, or cooked with a little vegetable oil:
1 medium sized baked potato [size of your fist],
4-5 small new potatoes.



Grains and more

Opt for those labelled **wholemeal, wholegrain** or **brown**. A couple of handfuls of cooked rice, pasta, couscous, quinoa, buckwheat, bulgur wheat or popped corn.

Best to avoid: fatty breads e.g. garlic bread, brioche, naan, croissants, chips, sugar/honey coated breakfast cereals or those with chocolate or granola.

Healthy Hydration

Tap water

Naturally zero calories and sugar-free!

Other options

- Sugar-free / 'diet' soft drinks.
- Tea and coffee made without sugar and lower fat milk or a calcium fortified plant-based drink.
- Coffee shops: Ask for lower fat milk or a plant-based drink, forgo any additional syrups and cream toppings.

! Fruit juice and smoothies

No more than a small 150ml glass a day.



Dairy & Alternatives

Milk and yogurts

Always opt for the lower fat or skimmed varieties or switch to plant-based drinks and soya alternatives to yogurt.



Cheese

As well as being high in saturated fat, cheese is also high in salt. Therefore, opt for lighter or lower fat versions and keep to a minimum.

Oil-Rich Fish

One 140g serving a week [in addition to your one serving of white fish a week] from sustainable sources.

Oil-rich fish are a good protein source, low in saturated fats and rich in heart healthy unsaturated fats – long chain **omega-3**.

Tinned, frozen or fresh e.g. salmon, sardines, pilchards, trout, herring, mackerel.

Always go for sustainably sourced fish – ask the fishmonger or look on the label for the Marine Stewardship Council (MSC) or the Aquaculture Stewardship Council (ASC) logo.

Cut Down & Minimise

Foods high in fat, salt and/or sugars

Crisps, biscuits, cakes, Indian sweets, chocolate, pastries, buns, pies, fast foods, take-aways, pakoras, bhajis, bombay mix and salted snacks.

Start by cutting down on the portion sizes and have less frequently.

Salt and condiments

- Do not add salt when cooking, instead use more herbs and spices and pepper.
- Cut down on ready-meals and take-aways.
- Go for lower salt and lower fat varieties of mayonnaise, salad dressings, stock cubes, ketchup and brown sauce.

