



# LISA'S UCLP<sup>®</sup> STORY



At 49 years and peri-menopausal, Lisa's cholesterol test showed raised total cholesterol and LDL ('bad') cholesterol. She was struggling with her weight as well as trying to manage menopausal symptoms. Lisa followed the Ultimate Cholesterol Lowering Plan<sup>®</sup> [UCLP<sup>®</sup>] for eight weeks to help lower her cholesterol and feel healthy.

**Lisa says,** "I'd been striving to get healthy for years but always rebound. Food is an emotional crutch. I want to be healthy and fit and wanted changes that I can stick to in the long term, rather than go on yet another diet to lose weight, which I'll just put back on again."

## LISA'S FIRST STEP

The first step of the UCLP<sup>®</sup> is to get into the right mindset and identify the key dietary changes to make. "Focussing on just a few things at a time made the changes easier to get used to. I'm forming habits that I'll be able to stick to."

## UCLP<sup>®</sup> STEP 2: HEART HEALTHY FOUNDATIONS

### Reducing saturated fats

Lowering saturated fat in the diet, and part-replacing it with heart-healthy unsaturated fats, is the single biggest action we can take to lower our cholesterol levels. Lisa cut down snacking on biscuits and milk chocolate – opting for healthy snacks like whole fruit with soya alternative to yogurt, veg sticks with hummus and trail mix instead.



She also reduced her intakes of processed meat, pastries and unhealthy ready meals.

*"The suggestions on healthy swaps in the UCLP<sup>®</sup> were useful, as well as the practical suggestions on what healthy options are and how to make meals healthier."*

### More plant foods

After making changes to reduce her saturated fat intake, Lisa increased the amount of fruit, vegetables, plant protein foods and wholegrains in her diet.

## STEP 3: INTRODUCING UCLP<sup>®</sup> FOODS TO HELP MANAGE HER CHOLESTEROL LEVELS

Once Lisa had the heart healthy foundations under her belt, she then found it easy to incorporate three UCLP<sup>®</sup> foods; **soya, nuts** and **oats**.

*"I used to avoid soya as I thought I wouldn't like the taste, but I'm really enjoying the milk alternative and yogurt alternative now, particularly the strawberry flavour.*

*"I've also discovered oatcakes! I have a few oatcakes with soup or top them with hummus or a low-fat cream cheese for a tasty snack. For a crumble topping for canned peaches, I mix porridge oats with some dried fruit, almonds and a splash of orange juice and pop it in the oven for 15 minutes. It's a tasty, low-cost dessert."*



## ENJOYING GETTING MORE ACTIVE



Alongside these dietary changes, Lisa also got more active through finding activities that she enjoys: walking, dancing, Zumba and Pilates. *"I love my local walking group, which is actually more than just a walk as we include strength and toning exercises along the way. Dancing, Zumba and Pilates are all activities I love doing. Listening to music when I'm out walking really lifts my mood."*

## THE BIG RESULTS

After just **eight weeks**, Lisa **dropped her bad LDL cholesterol by almost 10%**, from 6.7 to 6.1 mmol/L. She's well on her way to reaching the recommended normal levels for heart health (below 5 mmol/L). She also **lost 4.5kg (10lbs) and 10cm (4 inches) off her waist**. Her heart age has dropped by one year and her menopausal symptoms have improved.

*"Making the small changes has been a lot easier than I had expected. It's a wonderful surprise how much my cholesterol has decreased in just eight weeks following this plan. I know it's still not under 5 but it's getting there. I've done so many diets over the years, but this [the UCLP<sup>®</sup>] is one I feel I'll be able to stay on track with. I'm actually really enjoying it! My friends have noticed a difference in how I look and it's even had a positive impact on my husband's weight – he's lost almost a stone recently!"*

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INSPIRED BY OUR DELICIOUS RECIPES

[HEARTUK.ORG.UK/UCLP-MENOPAUSE](https://www.heartuk.org.uk/uclp-menopause)