

Choosing the right fats for a healthy heart



Why do we need fat?

Fat has many important functions for the body: It is a source of energy and it provides essential fatty acids (omega-3 and -6) that cannot be produced by the body and carries fat-soluble vitamins A, D, E and K.

Fats and heart health

- Different fats have different effects on cholesterol:

Saturated and trans fats are 'bad' fats because they can increase cholesterol

Unsaturated fats (monounsaturated and polyunsaturated fats) are 'good' fats

Replacing saturated fats in the diet with unsaturated fats can help to lower cholesterol*

- If you are overweight, losing weight is also a good step towards a healthier heart. Total calories should be limited, including fats as they are all high in calories; but if you are trying to lose weight, do not simply cut down on visible fats to reduce calorie intake: Try to eat more of the 'good' fats and less of the 'bad' fats and eat reasonable portion sizes
- It's the quality, or type, of fat that you eat that's most important for heart-health. As a nation, we are eating higher than the recommended levels of saturated fat in our diet, so we could all benefit from getting the balance right. Replacing 'bad' fats (for example, butter, pastries) with 'good' fats (for example, nuts, seeds, fatty fish, vegetable oils and the spreads made from them) in the diet, can help to lower cholesterol*

Dietary changes that are recommended to lower cholesterol include*:

- Eating less saturated fats and replacing them with unsaturated fats, preferably omega-3 and omega-6 polyunsaturated fats
- Eating 3g beta-glucan daily, as present in oats/barley
- Including plant sterols into the daily diet

Heart-healthy eating tips:

- Vary your choices: eat a wide variety of foods and eat suitable portions
- Eat plenty of fruit and vegetables: Choose at least five portions a day
- Eat regular meals based on starchy foods like bread, rice, pasta, potatoes, oats and unsweetened breakfast cereals. Choose wholegrain varieties where possible.
- Choose low-fat dairy foods and lean meats
- Swap butter for a vegetable oil based spread high in 'good' polyunsaturated fats

Try to:

Eat two portions of fish a week: one of which should be oily (for example, herring, mackerel, salmon, sardines)

Cut down on salt: use herbs and spices to liven up your food instead

Eat freshly prepared foods as often as possible rather than rely on ready-made and fast food

Heart-healthy lifestyle tips:

- Do not smoke
- Get active! About 30 minutes of 'moderate' activity like brisk walking on at least 5 days is recommended. However, choose something you enjoy and be realistic
- Achieve and maintain a healthy weight
- If you drink alcohol, have no more than one (for women) or two (for men) alcoholic drinks per day
- Learn simple techniques to control your stress and take time to relax

How Flora ProActiv contributes to lowering cholesterol:

- ✓ Contains plant sterols: An intake of 1.5 to 2.4g of plant sterols per day, has been shown to lower cholesterol**
- ✓ Is high in unsaturated fats: Replacing saturated fats with unsaturated fats in the diet, has been shown to lower cholesterol*
- ✓ Contains omega-3 and -6: These polyunsaturated fats are 'essential' because you need them and they cannot be made by the body and thus must be consumed through the diet. They are part of the unsaturated fats in the diet, which also lower cholesterol when replacing saturated fats*

Reduce cholesterol with 2-4 servings**

1 serving =

2 teaspoons
(10g)

1 glass
(250ml)



or



Recommended dose in one mini drink



ProActiv mini drink contains 2g of plant sterols

*High cholesterol is a risk factor in the development of coronary heart disease. As coronary heart disease has multiple risk factors, more than one may need to be improved to reduce overall risk. **A daily intake of 1.5-2.4g plant sterols consumed as part of a healthy diet and lifestyle have been shown to lower cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. As coronary heart disease has multiple risk factors, more than one may need to be improved to reduce overall risk of it. ***This recommendation is solely based on reaching a daily intake of 1.5 to 3g plant sterols.

Dietary advice to keep your heart healthy



Food group	Best choice	Occasionally	Best avoided
BREAD, OTHER CEREALS & POTATOES Aim to base all meals on a good sized serving from this group. Have bread or bread products as healthy snacks.	Wholegrain varieties of bread, chapatti without fat, pasta, rice, noodles. Wholegrain breakfast cereals. Oats. Couscous. Potatoes, sweet potatoes, yam & plantain.	Naan bread. Mashed potatoes.	Garlic bread, croissants, waffles. Deep fried chips. Sugar coated breakfast cereals. Roast potatoes.
FRUIT & VEGETABLES Eat plenty: at least 5 or more portions every day.	Fresh, frozen, fruit & vegetables. Dried fruit. Canned fruit in natural juice.	Canned fruit in syrup (drain the syrup). Orange juice, grapefruit juice.	Vegetables fried in batter (e.g. onion rings). Vegetables in creamy sauce. Apple juice, pineapple juice.
MEAT, FISH & ALTERNATIVES Eat a moderate amount (1-2 portions a day). Vary by choosing lean meat, 2-3 times a week. On the other days choose fish or non-meat alternatives. Try to eat fish at least twice a week, incl. one portion of oily fish. A portion of fish (or meat) is an amount the size of a pack of playing cards. A portion of eggs is 2 eggs. A portion of nuts & seeds is 2 tablespoons. A portion of cooked beans, peas & lentils is 4 cooked tablespoons.	Lean pork, ham, lamb, beef. Extra lean minced beef. Liver & kidney. Chicken & turkey without skin. Veal, venison, rabbit, game. All fish – cod, plaice, sole, whiting, canned tuna & shellfish. Oily fish – (fresh & canned) mackerel, sardines, pilchards, salmon, trout, herrings & fresh tuna. Eggs – on average 3 eggs a week fit in a varied diet. All nuts especially almonds, walnuts, linseed (flaxseed), pumpkin, sesame, sunflower seeds. Baked beans, sweetcorn, kidney beans, chick peas, lentils, peas. Rinse if canned in salt/sugar. Soya mince, soya beans, tofu. Mycoprotein sausages/burgers.	Lean bacon, reduced fat sausages, burgers, meatballs. Read the labels, choose lowest fat version. Reduced fat coconut milk.	Fatty cuts of meat – belly of pork, breast of lamb, duck, goose. Streaky bacon, sausages & sausage rolls, pies, pasties, pork pies. Chicken nuggets. Fish in rich creamy or cheesy sauces. Hollandaise, lobster sauce, seafood cocktail sauce. Fried fish in batter. Coconut cream. Roasted nuts in oil & salt.
MILK/DAIRY FOODS & ALTERNATIVES Aim to have 2-3 portions a day in drinks or in meals/snacks. A portion is a medium glass of milk (200ml). A portion is a small pot of yogurt or 'light' fromage frais (150g). A portion is a matchbox of medium fat cheese (40g) or 1/2 small matchbox of high fat cheese (20g) or 2 matchboxes of 'light' cheese spread (80g) or a large pot of cottage cheese (200g).	Skimmed, skimmed milk with plant sterols/stanols. Soya milk (with added calcium & vitamins). Low fat, fat-free or 'light' fruit yogurts. Yogurts & mini health drink (with plant sterols/stanols). Reduced fat cheese e.g. cottage, curd cheese, half-fat Edam, 'extra light' cheese spread.	Semi-skimmed milk. Reduced fat evaporated milk. (Greek) half-fat yogurt. Medium fat cheese e.g. half-fat cheddar, mozzarella, feta, 'light' cheese spread, quark.	Full fat milk. Sheep's, goat's milk. Evaporated or condensed milk. Clotted, double, whipping, soured, single cream. Creme fraiche. (Greek) yogurt, thick & creamy yogurt. High fat cheese e.g. cream cheese, mascarpone, brie, camembert, stilton, edam, parmesan, full fat cheese spread.
OILS & FATS Small amounts of fats are essential in the diet. When considering fats, remember, not all fats are equal. Replacing saturated fats with unsaturated fats in the diet has been shown to lower cholesterol.* Use saturated fats as little as possible.	Unsaturated soft spreads, spreads with plant sterols/stanols. Liquid margarine. Vegetable oils high in unsaturated fat such as rapeseed, sunflower, olive oil.		Butter, lard, suet, dripping, ghee, hard margarine high in saturated fats. Coconut oil.
WATER	(Mineral) water. Coffee & tea.		

WHELEGRAINS

People with a healthy heart tend to eat more wholegrain foods as part of a healthy lifestyle. Plant sterols/stanols** and beta-glucan*** as present in oats/barley help to lower cholesterol* as part of a healthy diet and lifestyle.

FRUIT & VEGETABLES

A portion (80g) of fruit and vegetables is:
 • 1 cereal bowl of mixed salad • 1 piece of fruit – e.g. 1 apple • 2 pieces of small fruit – e.g. 2 tangerines • 1 handful of grapes, strawberries • 1 heaped tablespoon dried fruit • 3 tablespoons vegetables or fresh fruit salad • 1 medium glass of fruit juice (150ml) (can only count as one portion each day).

OILY FISH

Oily fish are rich in omega 3 fatty acids which are especially good for heart health. Try to eat fish at least twice a week, incl. one portion of oily fish.
 1 portion = 140g of fish.

ALCOHOL

Keep to sensible limits: No more than 1 glass daily for women and no more than 2 glasses for men.



For more information, please visit our website at: www.floraproactiv.co.uk/healthcareprofessionals

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**A daily intake of 1.5-2.4g plant sterols can lower cholesterol in 2-3 weeks as part of a healthy diet and lifestyle including plenty of fruit and vegetables.

***A daily intake of 3g beta-glucan can lower cholesterol.