



HOW WELL ARE YOU DOING ALREADY?

THE VEGAN
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.			
Do you consume sources of omega-3 fat every day? Good sources are vegetable (rapeseed) oil, walnuts, ground linseed (flaxseed), chia seeds, hemp seeds, and algal oil / capsules.			
Do you eat a 150g serving of beans, peas or lentils daily?			
Do you eat nuts and seeds every day, either as part of your meals or snacks?			
Do you keep fatty and processed products and meals to a minimum e.g. pies, vegan sausages and burgers, ready meals, etc.?			
Do you eat wholegrain foods every day e.g. wholemeal bread / chapatti, wholegrain pasta or breakfast cereals, brown rice, oats / porridge?			
Do you use vegetable oils, such as regular vegetable (rapeseed) and olive oils, and spreads made from them instead of coconut oil, and vegan butter alternatives containing shea and palm oils?			
Do you keep your intake of cheese alternatives to a minimum (no more than 30g per day) and avoid those based on coconut oil?			
Do you usually opt for water or diet drinks over sweetened versions and fruit juice?			
Do you avoid snacking on foods high in saturated fat (especially those containing coconut, and/or palm oil), sugar and salt e.g. cheese alternatives, chocolates, crisps, chocolate covered or filled biscuits, Indian sweets, pastries, etc.?			
Do you avoid high fat and salty fast food and take-aways such as creamy curries, vegan burgers and kebabs, chips and other fried food, and sandwiches with high fat dressings e.g. vegan mayonnaise?			
Do you often cook from scratch?			

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**.

Adapted in collaboration with Heather Russell, Dietitian, The Vegan Society



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