

Be the Boss of Your Cholesterol!

The 1-2-3-4-5 Food Challenge

Small changes can make a big difference to your heart health. This 5-week challenge helps you build healthy habits, one week at a time.

Each week, you'll add a new food that's good for your cholesterol: fibre-rich foods, plant proteins, wholegrains, healthy fats, fruits and vegetables. Once you add a habit, keep it going every week for the rest of the challenge.

How it works

WEEK 1: Have **1** meat-free day - a gentle shift to more plant-based meals.

WEEK 2: Add **2** portions of fish a week or a daily serving of plant omega-3s.

WEEK 3: Add at least **3** portions of wholegrains a day.

WEEK 4: Include at least **4** portions of beans/pulses a week.

WEEK 5: Eat at least **5** fruit & veg every day.

Keeping Track!

Tick off the days you achieve each goal to help you stay on track.

	 1 Meat-Free Day a Week	 2 Portions of Fish a Week OR a Daily Plant Omega-3	 3 Servings of Wholegrains Daily	 4 Servings of Beans or Lentils a Week	 5 Fruit and Veg Daily
Week 1	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐
Week 2	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐
Week 3	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐
Week 4	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐
Week 5	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐	MON ☐ TUE ☐ WED ☐ THUR ☐ FRI ☐ SAT ☐ SUN ☐

Build it up week by week and be the boss of your cholesterol, one step at a time.
Turnover for handy tips to help you achieve each goal.

Getting Started

Here are some tips to help you stay on track and reach your goals.



1 meat-free day a week

Swap the meat: Try using a combination of vegetables and beans, lentils, nuts, or other plant-based alternatives in your usual meals like curries, chillis, Bolognese, or shepherd's pie.

Keep it light: Easy options include veggie wraps with hummus; bean, nut and dried fruit couscous; veggie bowls with brown or black rice, a mixture of veggies and cooked Quorn™ chicken pieces; vegetable soup; tinned fish on toast; baked sweet potato with beans and sweetcorn; or a falafel sandwich.

Try something new: Explore plant-based burgers or oven bakes – just **check the label**.



Find out More!
www.heartuk.org.uk/cholesterol-smart-meat



Need Inspiration?
www.heartuk.org.uk/tasty-recipes/vegetarian



2 servings of fish a week, one of which should be oily OR a daily serving of plant omega-3 foods

FISH LOVERS

Any type counts: Fresh, frozen, or canned fish - choose what's convenient for you, but avoid fried fish to keep it heart-healthy.

Budget-friendly options: Try tinned sardines or mackerel on toast for a quick, tasty lunch or snack.



Find out More!
www.heartuk.org.uk/cholesterol-smart-omega-3



Need Inspiration?
www.heartuk.org.uk/tasty-recipes/fish-recipes

PLANT LOVERS

Aim for daily servings of foods rich in plant omega-3s like walnuts, seeds such as chia, hemp, flax and linseeds, or rapeseed oil and walnut oil.



Need Inspiration?
www.heartuk.org.uk/tasty-recipes/recipes-containing-nuts



3 servings of wholegrains a day

A good start to the day: Choose wholegrain cereals like wheat biscuits, flakes, or oats for breakfast.

Make simple swaps: Use wholemeal bread, brown, black or red rice, or wholewheat pasta instead of white versions.

Try new grains: Mix things up with wholegrains like quinoa, bulgur wheat or barley - they're great in salads, stews, or as a side dish.

Snack smart: Try wholegrain options like rye crackers with hummus, oatcakes with salsa, or a handful of plain popcorn.



Find out More!
www.heartuk.org.uk/cholesterol-smart-wholegrains



Need Inspiration?
www.heartuk.org.uk/tasty-recipes/recipes-using-wholegrain



4 portions of beans a week

All types count: Tinned, frozen, dried, and pouched beans, peas, and lentils.

Plenty of variety: Try chickpeas, black eye, butter, borlotti, or cannellini beans, or go for lentils like puy or beluga.

Mix it in: Swap at least half the meat in stews, curries, or pasta sauces with lentils, peas or beans.

Boost your lunch: Add beans or lentils to salads or try a warming lentil or bean-based soup.

Snack smart: Roasted chickpeas, edamame, or fava beans make a crunchy, satisfying, and nutritious snack.

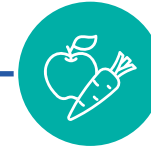
Great for dips: Blend a tin (400g) of drained beans with lemon juice, a spoonful of tahini or peanut butter, fresh herbs, 3 tbsp oil, 1-2 tbsp water and pepper. Add extras like cooked veg, olives, or a pinch of chilli.



Find out More!
www.heartuk.org.uk/cholesterol-smart-beans



Need Inspiration?
www.heartuk.org.uk/tasty-recipes/beans



5 servings of fruit and vegetables a day

Aim for the right balance: Try to eat at least 3 portions of veg and 2 portions of fruit each day and keep it colourful by mixing different types and colours.

Start with breakfast: Add sliced banana, dried fruit, or berries to cereal or yogurt, or pair toast with a piece of fresh fruit.

Pack your lunch: Fill wraps or sandwiches with salad veg like tomato, carrot, or cucumber, or go for veg-packed soups or pasta salads, plus a piece of fruit.

Boost your dinner: Include at least two veg, like a side salad, or steamed or roasted veg.

Add more in: Stir extra vegetables and beans into stews, casseroles, or soups for a simple nutrition boost.



Find out More!
www.heartuk.org.uk/cholesterol-smart-veg-fruit

