

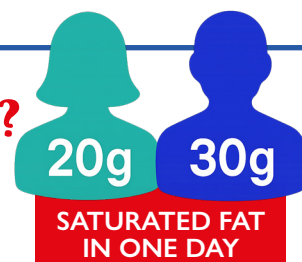
Be Fat SMART: Swap It to Drop It

Easy everyday swaps to help manage your blood cholesterol!

One of the most important things you can do to help lower your cholesterol is to cut down on saturated fat and replace it with unsaturated fat. Here are some easy swaps you can make at home and on the go to get the balance right.

Did you know...?

...you should not exceed



At Home...

- Red and processed meats, salamis, sausages, tinned meats



- Part replace with beans and veg in your recipes
- Try having 1 or 2 meat-free days a week
- Red meat: choose lean cuts and mince; no more than 3 times a week; keep portions to no more than 75g cooked (100g raw) - the size of your palm
- Small portions of other lean meat: chicken and other poultry (skin removed)
- Plant-based meat alternatives such as soya mince, tofu, plain Quorn™ pieces, fillets and mince

- Butter, ghee, other animal fats & tropical fats (coconut and palm)



- Vegetable, nut and seed oils and spreads such as olive, rapeseed, sunflower
- Vegetable spreads fortified with plant sterols or stanols

- Dairy milk & yogurts
- Coconut plant-based milk & yogurt alternatives



- Semi-skimmed, 1% and skimmed milk, low fat and 0% yogurts
- Fortified, unsweetened plant drinks and yogurt alternatives such as soya, almond, oat
- Dairy shot drinks and yogurts fortified with plant sterols or stanols

- Hard, semi-hard cheeses (dairy & plant-based): such as, cheddar, stilton, brie, goats, Manchego, Leicester
- Dairy cheese spreads



REDUCED FAT CHEDDAR



- Reduced-fat / 'light' versions; keep portions small - two-thumb-size width
- Grate hard cheese - it goes further!
- Try low fat (less than 3% fat) cheeses such as Quark, cottage, and cream cheeses
- Some plant-based cream cheeses are low in saturated fat - check the label

- Dairy cream (single, double, crème fraîche, soured)
- Plant-based double cream / whippable cream alternatives

- 0% fat Greek-style yogurts or plant-based (non-coconut) versions
- Soya & oat single cream alternatives

- Biscuits: chocolate covered, cream filled, butter based such as shortbreads



- Plain biscuits such as rich tea, ginger nuts, garibaldi

CLICK OR SCAN TO FIND OUT MORE
www.heartuk.org.uk/cholesterol-smart-fat





SCAN TO FIND
OUT MORE

Cholesterol
SMART®

Did you know...?
...you should
not exceed



- Cakes: cream, butter cream, icing, chocolate based, pastries, doughnuts



**9g
sats**

- Chocolates and sweets

- Snacks: sausage rolls, pork pies, salted or sweetened nuts and popcorn



**1g
sats**

- Hot cross or currant bun, malt loaf, home made cakes using vegetable spreads or oils
- Zero fat and zero sugar flavoured yogurts, piece of fruit

- Enjoy these less often and in smaller quantities. Choose smaller versions such as 2-finger KitKat, fun sized chocolate

- Unsalted and unsweetened nuts incl. peanuts, low fat hummous with couple of oat cakes or vegetable sticks, a piece of fruit, plain popped corn

At Coffee Shops...

- Standard milk-based coffees, chai teas, hot chocolates

- Croissants, sweet pastries, cakes, biscuits

- The choice is yours! Ask for skimmed milk or a plant-based drink (not coconut!). Hold the cream. Sugar free syrups

- Scone, tea cake, nuts, dried fruit

Take Aways and Ready Meals

- Curry: rich creamy or butter sauces such as Korma, Tikka Massala, Butter chicken



**8g
sats**

- Kebabs: donner, lamb, dressings

- Pasta dishes: creamy, cheesy, meaty (lasagne, Bolognese), pesto

- Chinese, Japanese: fried meat and fish, egg fried noodles, beef dishes, fried rice

- Pizza: thick or filled crust, meat feast, cheese feasts

- Sandwiches: cheese, mayo, dressings, processed meat (salami, bacon ham, sausage) or red meat

- Savoury pastries: sausage rolls, cheese and meat pastries



**10g
sats**

**11g
sats**



**1.5g
sats**

- Dry or tomato based sauces such as tikka, jalfrezi

- Sheesh chicken kebabs with lots of salad

- Tomato based, fish, olive oil with vegetables. Serve with extra salad

- Sashimi or Sushi – super omega-3 fats! Plain noodles with lean protein such as chicken or fish, broths, stir fries with tofu, vegetables, chicken or seafood

- Thin crust, plain toppings such as margherita or vegetables

- Keep your eye on portions. Add extra vegetables or side salad



**1g
sats**

- Plain or roast chicken salad, egg salad, tuna or salmon salad, falafel or hummous wrap
- Poke (rice) bowl, sushi

Our Top Tips

LOOK AT FRONT OF PACK LABELLING:



Check the calories! 1 single serve with all the sides – should provide no more than 500kcal for a woman and 600kcal for a man.

HEART UK
THE CHOLESTEROL CHARITY



www.heartuk.org.uk

HEART UK - actively supported by gifts in wills & donations

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