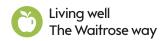
## Heart Healthy Shopping List



The Ultimate Cholesterol Lowering Plan (UCLP) is a diet plan produced by HEART UK, in collaboration with Alpro UK. As part of your heart healthy diet, choose 2-3 servings of UCLP© foods a day

Fresh, frozen and canned vegetables		Me	Meat, fish & sauce	
	Lettuce Peppers Broccoli Cauliflower Carrots Onions Tomatoes essential Waitrose Chopped Tomatoes		essential Waitrose Lean Aberdeen Angus Beef Mince 5% fat essential Waitrose 6 British Chicken Thigh Fillets - skinless Waitrose Salmon Fillets essential Waitrose Tomato & Basil sauce	
	Waitrose Frozen Garden Peas	Nu	rts & pulses	
	essential Waitrose Sweetcorn in Water Bird's Eye Frozen Soya Beans UCLP©		essential Waitrose Baked Beans essential Waitrose Kidney Beans Waitrose LoveLife Almonds UCLP©	
Fre	esh, frozen & dried fruit	Ц	Walliose Lovellie Allionas dell'	
	Waitrose LoveLife Dried mango Waitrose Zesty & Refreshing Orange Juice essential Waitrose Frozen Berries Waitrose Blueberries - fresh	Oi	ls & spreads essential Waitrose Sunflower Oil essential Waitrose Olive Spread	
Da	iry alternatives	- 4		
	Alpro Almond Unsweetened - fresh UCLP© Alpro Soya Original - fresh UCLP© Benecol peach & apricot yogurt drink UCLP© Alpro Simply Plain alternative to yogurt UCLP© Alpro Chocolate Soya Dessert UCLP© Waitrose Semi-Skimmed Milk Waitrose Davidstow Lighter Mature Cheese - 30% reduced fat essential Waitrose Lighter Soft Cheese Waitrose Deliciously Exotic Mango & Passionfruit Low Fat Yogurt		her shopping items	
Wholegrains				
	Waitrose LoveLife wholemeal & seeded thick sliced bread Waitrose LoveLife brown basmati rice Waitrose Wholewheat Penne Pasta essential Waitrose Bran flakes Waitrose LoveLife Pearl barley UCLP© Waitrose LoveLife Rough Oatcakes essential Waitrose Porridge Oats UCLP©			