



# Your checklist for helping patients reduce saturated fat



## About this checklist:

This checklist is designed to be used alongside the Public Health England and University of Oxford booklet, "Cutting down on saturated fats", to help patients reduce their intake of saturated fats in order to reduce their risk of cardiovascular disease.

These resources have been selected to help you support patients to gain the knowledge, motivation and opportunities they need to make changes to improve their health.



## Resources

Please give the patient the booklet "Cutting down on saturated fat".



## Sharing knowledge: key information to highlight

### Why do I need to reduce my cholesterol levels?

People who have high levels of low-density lipoprotein, known as LDL or 'bad' cholesterol are more at risk of having a heart attack and stroke. Reducing cholesterol levels can reduce this risk.

### Different types of fat and their targets

"Healthier" fats (monounsaturated and polyunsaturated) help maintain levels of good (HDL) cholesterol, aiming for levels of above 1mmol/L; fats to avoid are saturated fats and trans fats, as they increase levels of bad (LDL) cholesterol, which should be kept lower than 3mmol/L.

### Foods which are high in saturated fats

Highlight foods such as cakes, biscuits and pastry, processed meats like sausages and bacon, and full-fat dairy products like butter and cream.

**Patients can find more detailed information, and tips to help them change their diet, in the information booklet.**

# Your checklist for helping patients reduce saturated fat (continued)



## Health action plan

### Goal setting

What is their personal goal? How will they feel when they achieve this? This could be a “medical” goal, like lowering their cholesterol level on their next blood test, or a practical goal like achieving 5 swap actions to reduce the saturated fats in the foods in their weekly shop.

### Action plan

What are they going to change? Try the “**three Rs**” strategy: Can they give a specific example of foods or actions they plan to **replace** with lower fat alternatives (e.g. olive-oil spread in place of butter), **reduce** their portions of (e.g. cheese or processed meat), or **refrain** from (e.g. cakes/pastries)? When, where and how will they do this?

### Self-monitoring

Self-monitoring doesn't have to take long. Even 5 minutes spent reviewing their progress each week could help people stick to their action plans – or change them if needed – and move towards their goals.

Encourage patients to use this “5 minute challenge” to monitor their progress and keep making changes.

**Patients can find more detail and template actions plans in the patient information booklet.**



## Follow up plan

### Agree with the patient how you will follow up on their progress

For example by telephone, face-to-face, or email.

**Fill in the last page of the patient booklet with their follow up plan**

To request or download more of these materials, please visit [www.awebsite.com/reducesatfat](http://www.awebsite.com/reducesatfat)