



WELCOME!

Firstly can I say what a pleasure it was to meet so many of you at the Nursing in Practice London event in September and thank you for coming to say hello. We have a bumper issue for you which has a heart health theme as it is National Cholesterol Month. The highlight is our interview with Linda Main, a leading Heart Health Dietitian and Dietetic Advisor to HEART UK. On page 3, we have included a short summary of the highlights of the recently published SACN Carbohydrates and Health report. To tempt your taste buds we hope you will enjoy this issue's recipe, Sweet Potato and Chickpea Curry. Happy reading!

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INTERVIEW WITH LEADING HEART HEALTH DIETITIAN, LINDA MAIN

Linda is an experienced dietitian who has worked in the NHS, in food supplement and infant feeding industries and as a consultant dietitian. She currently works as a Dietetic Adviser for HEART UK - The Cholesterol Charity. Linda is a frequent contributor to the media and has recently co-written a book about cholesterol and dietary change.

Q: You have decades of experience in the area of cholesterol management, supporting patients and healthcare professionals alike. What are the most common dietary misconceptions you see in these two groups?

Not everyone realises a cholesterol-lowering diet is not a low fat diet. It's vital to replace saturated fat with unsaturated fats. The reduction in coronary events comes from this substitution. You don't get the same benefits from a low fat diet when typically saturated fat is replaced with carbohydrates.

People mistakenly take coconut oil thinking that it has special ability to improve heart health. Coconut oil is 85% saturated fat, mainly lauric acid, a very potent saturated fat that raises LDL and



HDL-cholesterol. The negative affect on LDL-cholesterol far outweighs any positive effects on HDL-cholesterol.

Q: What 'top tips' would you give to a healthcare professional who is seeing a patient for cholesterol lowering advice for the very first time?

My top tips would be:

- Find out what the patient knows about cholesterol and how motivated they are
- Agree a realistic plan with the patient **not for** the patient
- Work with them to identify some simple changes to their diet and lifestyle

KEEP READING
ON NEXT PAGE!

SAY HELLO TO THE OATLY FAMILY!

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OATLY OAT DRINKS - 2015 AWARD WINNERS!

Women's Health 50 Best Food Awards

In Women's Health, first-ever 50 Best Food Awards, the team of nutrition experts voted Oatly Oat Drink - The Original as THE BEST 'non-dairy milk'.

The Grocer's, New Product Awards 2015

On 2nd October, following extensive tasting and testing, Oatly Oat Drink - The Original was announced THE WINNER of the 'Free-from - Dairy-free' category at The Grocer's, New Product Awards 2015. The expert judges stated how they were "hugely impressed" by Oatly.

WINNERS!



PETA UK Vegan Food Awards 2015

Oatly Oat Drink - Chocolate was THE WINNER of PETA UK Vegan Food Awards 2015, in the Best Dairy-Free Milk category. They said: "...This creamy, chocolaty drink is packed with oaty goodness and healthful fibre and even fortified with calcium and vitamins. It's perfect for hot chocolate, too."

“Low saturated fat is combined with 4 key foods (plant sterols/stanols, soya protein, nuts and soluble fibre from foods like oats) to bring about a significant cholesterol-lowering effect.”

- Identify any problems that might get in the way of changing their diet and agree how these might be tackled
- Be realistic - it can take 3 months to embed new habits into their daily routines
- Put support in place - a repeat visit, exercise on referral scheme, a mentor, rewards for goals achieved...
- If on a statin there is still benefit in following a heart healthy diet - it's not one or the other.

Q: HEART UK are big advocates of the 'portfolio diet' as a tool to help patients lower their cholesterol levels. Can you tell us more about the portfolio diet and the successes you have had with it?

It's a scientifically grounded approach to cholesterol-lowering researched by Canadian Dr David Jenkins. Low saturated fat is combined with 4 key foods (plant sterols/stanols, soya protein, nuts and soluble fibre from foods like oats) to bring about a significant cholesterol-lowering effect. It's a great approach for anyone who is struggling with medication who is highly motivated. HEART UK has updated the Portfolio diet producing some award winning resources. It's called the UCLP® or Ultimate Cholesterol Lowering Plan. You can find out more on the [HEART UK website](#)

Q: The recommendations for healthy cholesterol levels have been revised over the last year. Can you explain these new recommendations?

The Joint British Societies (JBS3) and the new NICE Lipid Modification Guidelines were published earlier this year. Patients with a 10% or more cardiovascular risk over 10 years

can now be offered a statin. Target cholesterol levels have changed too. NICE now recommends a standard 40% reduction in LDL-cholesterol from baseline for anyone on a statin using 20mg atorvastatin and JBS3 recommend a non-HDL-cholesterol of 2.5mmol/L or less and an LDL of 1.8mmol/L or less for those at high risk. But most lipidologists agree the lower the better. You can find out about other changes [on our website](#)

Q: October is National Cholesterol Month. How will you be spending your time?

National Cholesterol Month sees the launch of the Great Cholesterol Challenge. It's a fundraising idea to get people active whilst raising money for good causes like the HEART UK's Cholesterol Helpline and our public awareness work. The small HEART UK team (just 9 of us) will be walking (virtually) a 400 mile stretch of the Great Wall of China ([more info](#)). So if you want to contribute to our fundraising you can find our [fundraising page here](#) or better still try the [Great Cholesterol Challenge](#) for yourself.

3 250 ML GLASSES OF OATLY CONTAINS THE DAILY SUGGESTED INTAKE OF BETA-GLUCAN FOR CHOLESTEROL REDUCTION





NEWS IN BRIEF

The UK's Scientific Advisory Committee on Nutrition (SACN)

recently published its report on Carbohydrates and Health¹. It made a number of recommendations including:

- A reduction in average population intake of 'free sugars'*, which should not exceed 5% of total dietary energy
- An increase in the dietary reference value (DRV) for the average population intake of dietary fibre to 30g/day for adults



In relation to the recently published report, we would like to highlight that Oatly alternatives to milk (Original, Fresh and Organic):

- have no added sugar, containing only naturally occurring sugars from oats
- are a source of fibre and contain oat beta-glucan fibre, which has been shown to lower cholesterol, when eaten regularly as part of a healthy diet and lifestyle**

They are also:

- Fortified with vitamins and calcium; and are a rich source of vitamin D and a source of riboflavin, vitamin B₁₂ and calcium***
- Low in fat and saturated fat
- Rich in unsaturated fat***

You can therefore be confident that these Oatly alternatives to milk can be consumed as part of a healthy diet.

* Free sugars are those added to food, for example sucrose (or table sugar), glucose, or those naturally present in foods like honey, syrups and unsweetened fruit juices, but excluding lactose in milk and milk products.

** High cholesterol is a risk factor for heart disease. One 250ml glass contains 1g of beta-glucan, one third of the 3g suggested daily intake of beta-glucan (for cholesterol lowering).

*** Except Organic Oat Drink

REFERENCE: 1. Scientific Advisory Committee on Nutrition (2015). Carbohydrates and Health. London:TSO. [Available online](#)

CHICKPEA AND SWEET POTATO CURRY



- | | |
|--|--|
| 2 tbsp rapeseed oil | 1 can of chickpeas, drained and rinsed |
| 1 onion, chopped | 400 ml Oatly Organic Creamy Oat |
| 1 tbsp ginger, finely chopped | 100 g frozen mango pieces |
| 2 stalks lemongrass, finely chopped | 2 tbsp fresh coriander, finely chopped |
| 1 fresh red chilli, finely chopped | 70 g of fresh spinach |
| 1 medium sweet potato, peeled and diced into bite-sized pieces, about twice the size of the chickpeas. | 1 lime, squeezed |
| 3 tsp Thai red curry paste | To garnish - more chopped fresh coriander and 3 tbsp chopped cashews |
| 400 g tinned chopped tomatoes | |
| 1 vegetable stock cube | |

1. Heat the oil in a large saucepan and fry the chopped onion, ginger, lemon grass and chilli until the onions are translucent.
2. Add the sweet potato and curry paste and let it fry for a few minutes.
3. Add the chopped tomatoes, 2 cups water and crumble over the stock cube. Bring to the boil, then lower the heat and let it simmer until the sweet potato is soft.
4. Add the chickpeas, Oatly Organic Creamy Oat, mango and coriander stir then let it simmer for a few minutes.
5. Finally, stir in the spinach and lime juice and let it cook for another few minutes.

Garnish with the chopped coriander and cashews and serve with basmati rice, cooked according to instructions.



NUTRITION INFORMATION: (PER SERVING)

Energy: 311 kcal (1307 kJ)	Carbohydrates: 28,5 g	Protein: 8 g
Fat: 16,3 g	Sugars: 3 g	Salt: 2 g
Saturated fat: 1,8 g	Fibre: 7,2 g	