



# MY FLORA PRO-ACTIV CHALLENGE



## Lower your cholesterol absorption in just 3 weeks

It's great you've decided to take the **Flora pro-activ** Challenge. We're confident you'll find it an easy and tasty way to lower your cholesterol absorption, in just three weeks.

Before you embark on this challenge please consult your doctor.

Follow these three simple steps to get started and enjoy your heart healthy diet.

### 1. Stock up on Flora pro-activ

For **Flora pro-activ** to work effectively, all you need to do is eat 25g (1 rounded tablespoon, or the amount typically spread on 3 slices of bread) into your diet each day. That's because you need to eat 2-2.5g of plant sterols a day for optimum effect, and 25g of **Flora pro-activ** contains 2g of plant sterols.

- So, before you begin, it's a good idea to stock up to make sure you have enough.
- Choose from:
  - **Flora pro-activ** original spread
  - **Flora pro-activ** light spread
  - **Flora pro-activ** ultra light spread
  - **Flora pro-activ** olive spread

### 2. Enjoy a healthy diet

Enjoying **Flora pro-activ** spreads as part of a new, healthier diet will help you lower your cholesterol absorption. This means eating plenty of nutritious foods such as plenty of fresh fruit and vegetables; fish; wholegrain cereals, such as brown rice and wholegrain bread; and cutting down on 'bad' fats found in foods like cakes, biscuits, full-fat dairy products and fatty meats.

## Why not follow these plans for a healthy diet?

### Diet Plan 1

#### Breakfast

1 skim milk cappuccino

Bowl of unsweetened muesli with reduced-fat milk and a chopped banana

Wholemeal toast with 2 teaspoons **Flora pro-activ** spread and marmalade or jam

#### Lunch

Pitta bread spread with 2 teaspoons **Flora pro-activ** and filled with lettuce, red capsicum and lean roast beef

Mango and strawberry fruit salad

#### Main Meal

Tandoori chicken and basmati rice (melt 1 teaspoon **Flora pro-activ** spread over rice)

Chopped tomato, cucumber, onion and mint salad

Lemon sorbet

**TIP** Keep your fruit bowl well stocked as a healthy alternative to other sweet snacks which can be high in saturated fat. Other healthy snacks include reduced-fat yoghurt, unsalted nuts or fruit toast with **Flora pro-activ** spread.

### Diet Plan 2

#### Breakfast

Small glass (125mL) of fresh orange juice

Scrambled egg and grilled lean bacon with the fat trimmed off

Grilled tomatoes

Wholemeal bread and 2 teaspoons

**Flora pro-activ** spread

#### Lunch

Tuna and sweetcorn baguette with 2 teaspoons **Flora pro-activ** spread

Fresh peach

#### Main Meal

Minted lamb chops

Peas and new potatoes spread with 1 teaspoon of **Flora pro-activ**

Salad or sliced tomatoes

Skim milk hot chocolate

**TIP** Enjoy your tea and coffee made with reduced-fat or skim milk.

### Diet Plan 3

#### Breakfast

High fibre cereal with skim milk

Toast with 2 teaspoons **Flora pro-activ** spread and honey

#### Lunch

Herbed pasta salad including basil, parsley, red capsicum and onions (melt 1 teaspoon **Flora pro-activ** spread over pasta when hot)

Rocket, tomato and cucumber salad

Fresh cherries

#### Main Meal

Pan-seared tuna steak

New boiled potatoes mashed with 2 teaspoons **Flora pro-activ** spread

Asparagus, baked beetroot, spinach and orange salad

Fresh fruit salad

**TIP** When it comes to filling your plate, half should be filled with vegetables or salad, two-thirds of the other half in starchy carbohydrates, and the small space left with meat, fish or other protein food.

## 3. Remember to keep active

It is important you do regular exercise too. We suggest up to 30 minutes of activity a day, on most days of the week, depending on your fitness level. As a rough guide, here are some ideas to get you moving in the coming weeks.

### Exercise Options

#### Gently Active

If you've been inactive for a while, aim to do 20 minutes of gentle activity on at least five days of each week. For example walking, gardening, or something more fun like ten-pin bowling.

#### Get more Active

If you're already exercising a little, aim to do 20-25 minutes of moderate activity on at least 5 days of each week. For example brisk walking or mowing the lawn. You may prefer to do this in 5-10 minute sessions.

#### Vigorous Exercise

If you're already exercising on a regular basis, aim to do 30 minutes of vigorous activity most days of each week. For example cycling, jogging or tennis.

### TOP TIPS

We recommend that you follow this checklist to ensure you get the most out of your heart healthy diet and exercise plan – make sure you refer to it over the next 3 weeks.

Cut down on 'bad' fats – saturated and trans fats which can raise cholesterol.

Typically, these are found in butter, full-fat dairy products, fatty meats, cakes and biscuits, pies and pastries.

Eat at least 2 serves of fruit and 5 serves of vegetables each day.

Eat fish at least twice a week: Go for oily fish like salmon, tuna and sardines – a good source of omega 3 'good' fats.

Fill up on fibre: wholemeal bread, brown rice and wholegrain cereals help to keep both your digestive system and heart healthy.

Aim to drink 6-8 glasses of fluids a day. Drink water most often (tea, reduced-fat or skim milk are also good fluid options).

Alcohol: don't forget the sensible 'daily' maximum is no more than 2 standard drinks for women and men (1 standard drink is around a middy (285mL) of beer, or a nip (30mL) of spirit or a small glass (100mL) of wine) plus a few alcohol-free days each week.

Eat less salt: salt can raise blood pressure, so avoid adding salt during cooking or at the dinner table. Try using herbs and spices, black pepper and lemon juice instead.

Keep an eye on food labels to help you limit your intake of saturated fats and sodium. Choose Tick approved foods where possible.

By eating just 25g of **Flora pro-activ** every day - you can lower your cholesterol absorption by up to 10% in 3 weeks, when moving to a healthy diet & lifestyle. And the best bit is, **Flora pro-activ** spreads are easy to include every day. Enjoy the challenge!

## USE FLORA PRO-ACTIV DAILY TO KEEP IT DOWN

