

help: cholesterol diary

Name.....
 Address.....

 Telephone/Mobile.....
 Email.....
 Age Group.....
 Male/Female.....

Notes:

How many sachets of help: cholesterol do I need to take every day to begin to see a benefit?

3g of cereal beta glucans per day is sufficient to show clinically relevant effect in those suffering from mild hypercholesterolaemia. Each 14g sachet contains 2g of Glucagel which contains 1.5g of Barley Beta Glucan, contributing one half of the required daily dose. **So you need to take 2 sachets per day.**

Diary Entries

We ask that you note your cholesterol levels at the beginning of week 1 and continue to monitor and log your cholesterol either weekly or at the end of the 6 week period.

On Completion

Send your completed **cholesterol diary** to mycholesterol@workswithwater.co.uk

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Cholesterol Diary ~ WEEK 1

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Welcome to your cholesterol diary

Thank you for agreeing to help us with our study. Here are some points to bear in mind when filling in your diary.

- Tell us about your cholesterol history

- Have you started to change your lifestyle? For example tell us about any exercise you take, types of food and drink consumed every day.

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



Cholesterol Diary ~ WEEK 2

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Don't despair if you haven't seen a reduction in your cholesterol level, it's only the start of week 2...and you need to complete the full course.

DAY 1		DAY 2		DAY 3		DAY 4	
Number of sachets consumed today:		Number of sachets consumed today:		Number of sachets consumed today:		Number of sachets consumed today:	
DAY 5		DAY 6		DAY 7			
Number of sachets consumed today:		Number of sachets consumed today:		Number of sachets consumed today:			



Cholesterol Diary ~ WEEK 3

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What changes have you made to your diet and lifestyle so far?

It's helpful to note that in several studies hypercholesterolaemic adults on a diet high in beta-glucan, soy protein and plant sterols were able to achieve LDL-cholesterol reductions greater than 20%.

Adding help: cholesterol to a soy yogurt will give superior cholesterol-lowering properties.

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



Cholesterol Diary ~ WEEK 4

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Don't forget that, as well as adding help: cholesterol to juice, you can also add it to soy milk, soy yogurt or even add to the milk in your cereal every morning.

	DAY 1	DAY 2	DAY 3	DAY 4
	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:
DAY 5	DAY 6	DAY 7		
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:		



Cholesterol Diary ~ WEEK 5

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One week to go
 At the end of this week, monitor and compare your cholesterol reading against your initial reading at week 1. Is there an improvement?

	DAY 1	DAY 2	DAY 3	DAY 4
	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:
DAY 5	DAY 6	DAY 7		
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:		



Cholesterol Diary ~ WEEK 6

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Last Week! Now Compare this week's reading with week 1

Has your cholesterol reduced?

Did you find help: cholesterol an easy addition to your everyday food consumption?

Have you consumed any additional food products which deliver cholesterol-lowering benefits?

In human clinical trials barley beta glucan gives on average 10-14% reductions in total and LDL- cholesterol over a dose range of 3-8g per day. Higher intakes of beta glucan (6-8g/day) lead to greater improvements in total cholesterol levels, with over 20% reductions in LDL-cholesterol.

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



Additional Notes:

