

Heart-healthy eating

Healthy eating is an important part of your recovery and can help reduce your risk of future heart problems.

Depending on where you live in rural or remote Australia, accessing fresh and affordable heart-healthy food can sometimes be challenging. However, there are still plenty of ways to eat well and support your heart health.

Top tips for healthy eating in rural and remote Australia



Fill half your plate with a variety of colourful vegetables and fruits.

- Support your local farmers by buying fresh seasonal produce from markets and roadside stalls.
- When fresh isn't available, use frozen or no added salt/reduced salt canned foods and still get the health benefits.



Replace white bread and rice with wholegrain and seeded bread, brown rice, and high-fibre cereals.

- Freeze unused bread to extend its shelf life.



Aim for 2–3 servings of fish a week.

- For easy, healthy, and budget-friendly meals, buy cans of tuna and salmon in spring water or oil. This is a great alternative to buying fresh fish.



Reduce the amount of red meat you eat.

- Limit red meat to 1-3 meals a week. Instead opt for healthy proteins such as legumes, nuts, and seeds with smaller amounts of lean chicken and eggs.



Limit processed foods like chocolate, biscuits, pizza, and fast food.

- Cook and freeze meals in advance as a quick, easy, and healthy alternative to buying takeaway.

What should my plate look like?



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Healthy eating for your heart can be simple and delicious

Healthy eating for your heart is not about 'good' and 'bad' foods or restrictive diets. It's about making small changes that you can continue long term.

A heart-healthy eating pattern includes:



1
Plenty of vegetables, fruits and wholegrains.



2
Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to one to three times a week.



3
Unflavoured, reduced fat milk, yoghurt, and cheese.



4
Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking.



5
Herbs and spices to flavour foods, instead of adding salt.