

## My heart-healthy grocery guide

Following an eating pattern that's good for your heart starts with what goes into your grocery basket or trolley. Below is a list of some heart-healthy groceries you might like to consider on your next shopping trip. Be sure to tick the items you already have at home.

### Top tips for heart-healthy grocery shopping



Choose wholegrains over refined options whenever you can, such as brown rice over white, and wholegrain bread over white bread.



Include freezer and pantry staples such as frozen fruits and vegetables and tinned varieties of legumes, like chickpeas, lentils and beans. Remember to look for 'no added salt' varieties.



Choose lean cuts of meat, and remove any visible fat and the skin from chicken. Avoid processed meats.



Choose fresh and minimally processed packaged foods.



Water is the best drink for a healthy heart! You can also enjoy unflavoured (reduced fat) milk, tea and coffee in moderation.



Look for products which contain added plant sterols to help lower cholesterol (often found in milk and healthy fat spreads).

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		Grocery item	I already have this in my pantry/fridge/freezer (tick)
Heart-healthy eating category	Fruit and veg	Fresh fruit and vegetables	<input type="checkbox"/>
		Frozen vegetables (e.g. peas, corn, mixed vegetables, broccoli, cauliflower)	<input type="checkbox"/>
		Frozen fruit (e.g. berries, passionfruit, mango pieces)	<input type="checkbox"/>
		Tinned fruit (in natural juice)	<input type="checkbox"/>
		Tinned vegetables (no added salt)	<input type="checkbox"/>
	Wholegrains	Rolled oats	<input type="checkbox"/>
		Wholegrain breakfast cereals	<input type="checkbox"/>
		Wholegrain bread	<input type="checkbox"/>
		Brown rice	<input type="checkbox"/>
		Wholemeal pasta (fresh or dried)	<input type="checkbox"/>
		Couscous	<input type="checkbox"/>
		Quinoa	<input type="checkbox"/>
		Polenta	<input type="checkbox"/>
		Soba noodles	<input type="checkbox"/>
Wholemeal flour	<input type="checkbox"/>		

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	Grocery item	I already have this in my pantry/fridge/freezer (tick)	
Heart-healthy eating category	Healthy proteins	Canned legumes (e.g. lentils, chickpeas; no added salt)	<input type="checkbox"/>
		Canned fish in olive oil or water (tuna, salmon, sardines)	<input type="checkbox"/>
		Fresh or frozen fish (tuna, salmon, sardines)	<input type="checkbox"/>
		Fresh or frozen meats	<input type="checkbox"/>
		Fresh or frozen poultry	<input type="checkbox"/>
		Tofu	<input type="checkbox"/>
		Tempeh	<input type="checkbox"/>
		Eggs	<input type="checkbox"/>
	Dairy	Fresh, powdered or long-life (UHT) milk (reduced fat)	<input type="checkbox"/>
		Cheese (reduced fat)	<input type="checkbox"/>
		Yoghurt (reduced fat)	<input type="checkbox"/>
	Fats/oils	Healthy oils – olive, canola, peanut, sunflower oil	<input type="checkbox"/>
		Nuts and seeds and their butters/spreads (no added salt)	<input type="checkbox"/>
		Avocado, olives and their oils/spreads	<input type="checkbox"/>
	Flavour	Fresh or dried herbs	<input type="checkbox"/>
		Spices	<input type="checkbox"/>
		Pepper	<input type="checkbox"/>
		Chilli	<input type="checkbox"/>
		Garlic	<input type="checkbox"/>
		Ginger	<input type="checkbox"/>
		Vinegars	<input type="checkbox"/>
		Lemon or lime juice	<input type="checkbox"/>

### Notes