

Heart-healthy eating action plan

See how well your current eating habits align with the heart-healthy eating pattern and where you can make simple changes to eat healthier. The below action plan is for general guidance. For specialised dietary advice, speak to an Accredited Practising Dietitian.

	Already doing this	Ready to do now	Not ready yet	Comments
Vegetables: At least 5 serves of vegetables every day and lots of variety				
Fruit: 2 serves of fruit every day				
Wholegrains: Including breads, cereals, pasta, rice and noodles				
Plant proteins: Enjoy meals and snacks with beans, legumes, tofu, nuts and seeds				
Fish and seafood: 2-3 serves (150-200g/serve) of fish every week				
Lean meats: Meat trimmed of fat and poultry without skin				
Plain, unflavoured milk, yoghurt, and cheese: Those with existing heart disease or high cholesterol should choose reduced fat varieties				
Healthy fats: In foods such as avocados, olives, nuts and seeds, and their oils for cooking				
Herbs and spices: Use to flavour foods, instead of adding salt				
Eggs: Those with high cholesterol or type 2 diabetes should eat no more than 7 eggs per week				
Plant sterols: Include 2-3g a day from fortified foods (milk, yoghurt, breakfast cereals, margarines)				
Water: Drink mainly plain water and choose caffeinated drinks like coffee and tea in moderation				
Red meat: No more than 1-3 meals (350g) a week				
Salt: Have less than 1 teaspoon (5g) of salt each day, including salt already in processed and pre-packaged foods				
Saturated and trans fats: In foods such as butter, ghee, coconut oil, fat on meat, deep-fried foods, biscuits, cakes, pastries etc.				
Discretionary and highly processed foods and drinks: Such as processed meats (sausages, bacon, deli meats), baked goods (cakes, pastries, biscuits), chocolate, chips, lollies, takeaway foods and sugary drinks				
Alcohol: There is no safe amount of alcohol for heart health. The less you drink the better. For some people, not drinking at all is the safest option				

Goal setting

Now that you've reviewed the Heart-healthy eating action plan, it's time to set some goals!

Setting small, clear goals can help you make lasting changes to your eating habits. Use the questions below to create a simple plan that works for you. Remember, it's okay to start small—every step toward a heart-healthy eating pattern makes a difference.

Goal: What do I want to achieve?	Outcome: What will happen or how will I feel when I reach my goal?	Challenges: What might stop me from reaching my goal?	Action: What steps will I take to reach my goal?	Timeline: When do I want to achieve this by?
<i>Example: I want to reduce the amount of salt I eat to less than 1 tsp a day.</i>	<i>Example: I will reduce my risk of developing high blood pressure.</i>	<i>Example: I like the taste when I add salt to my meals.</i>	<i>Example: I will gradually add less salt when cooking and use herbs and spices to flavour meals instead.</i>	<i>Example: Start straight away. Check in at 4 weeks</i>
1				
2				
3				