

Food for your heart

Heart-healthy eating can be tasty and delicious

Heart-healthy eating 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:



Plenty of fruit, vegetables and wholegrain cereals.



Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to 1-3 times a week.



Unflavoured, reduced fat milk, yoghurt and cheese.



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



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



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Healthy eating top tips



Eat a wide variety of colourful vegetables. Choose veggies that are in season as they're usually cheaper and tastier. Try adding vegetables to pasta sauces, soups and casseroles or snack on cut-up carrot, celery, cucumber or capsicum.



Swap white bread and rice for wholegrain and seeded bread, brown rice and high-fibre breakfast cereals like oats.



Reduce the amount of processed meat you eat. Opt for lean cuts of meat marinated in your favourite herbs and spices.



Add legumes like lentils, chickpeas and beans to salads, soups and curries. Use dried, cooked or canned varieties (reduced or no added salt).



Limit processed foods like chocolate, biscuits and fast food. Snack smart instead with unsalted nuts, fresh fruit, veggie sticks or homemade popcorn with your favourite spices.



Aim for 2–3 servings of fish a week. Fish is a healthy source of protein. Frozen and canned options are great alternatives to buying fresh fish. For canned varieties, choose products stored in spring water or olive oil rather than brine.



Drink plenty of water throughout the day. Add extra flavour with chopped fruit or fresh herbs like mint.



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