



# HOW TO EAT WELL

for a healthy heart



# A HEART-HEALTHY EATING PATTERN INCLUDES:

Heart-healthy eating is not about one food or nutrient, it's about the overall combination of food and drinks you have over days, weeks and even months.

1



Plenty of fruit, vegetables and wholegrain cereals.

2



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.

3



Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties.

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.

## ARE THERE DIFFERENT RECOMMENDATIONS IF I'M AT HIGH RISK?

Yes. If you are at high risk of developing heart disease, you should follow the Heart-Healthy Eating Pattern with some key changes:

- If you have high cholesterol or have heart disease:
  - Choose reduced fat and unflavoured dairy products.
  - Eat no more than 7 eggs per week.
  - Include foods that have been fortified with plant sterols (like milk, yoghurt, breakfast cereals, margarine).
- If you have Type 2 diabetes:
  - Eat no more than 7 eggs per week.

## WHAT ABOUT FAT, AND WHAT SHOULD I BE COOKING WITH?

Healthier fats that can reduce your risk of heart disease can be found in:

- nuts, seeds, avocados, olives and their oils.

For salad dressings and low-medium temperature healthy cooking use:

- olive, canola, peanut, sunflower, soybean, sesame and safflower oils.

For salad dressings and low-medium temperature healthy cooking use:

- extra virgin olive oil, high oleic canola oil or high oleic peanut oil.





## CAN I EAT MEAT?

You can still eat red meat as part of a healthy eating pattern, but too much can be bad for your heart health. Try to eat a variety of protein foods with:

- Mostly fish, seafood, legumes (like beans, lentils and chickpeas) and nuts and seeds.
- Smaller amounts of eggs and lean poultry.
- If you eat red meat, make sure the meat is lean and limit eating this meat to 1-3 times per week (max 350g per week).
- Avoid processed meats like sausages, bacon, ham and other deli meats.

## HEALTHY PROTEIN SCALE



EAT MORE ←

→ EAT LESS

## WHAT SHOULD MY PLATE LOOK LIKE?

Use healthy oils made from plants or seeds for cooking. Use olive, canola, peanut, sunflower, soybean, sesame and safflower oils.

Fill 1/2 of your plate with a variety of colourful vegetables and fruits.

1/4 of your plate should contain wholegrains such as wholegrain bread, brown rice, or wholemeal pasta or cereal grains like corn, buckwheat or bulgur.

1/4 of your plate should include healthy protein such as beans, lentils, fish, seafood or smaller amounts of eggs and lean poultry. If you eat red meat, make sure it is lean and limit eating this protein to 1-3 times per week.

Add flavours by using herbs and spices instead of salt.



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