WHAT SHOULD YOU EAT FOR A HEALTHY HEART?

Eat more plant foods, including:
- 2 serves of fruit and 5 serves of vegies every day
- as many different coloured fruit and vegies as you can
- wholegrain breads and cereals – oats are a great choice
- legumes like lentils, split peas, kidney beans, chick peas or baked beans – try adding them to soups or stews
- unsalted nuts like almonds, cashews, walnuts or peanuts.

Replace bad (saturated) fats with healthy (poly and monounsaturated) fats:
- eat less fatty meat – eat more kangaroo and fish
- eat less salt (sodium).

WHY IS NUTRITION IMPORTANT FOR HEART HEALTH?

What we eat and drink affects our:
- body weight
- blood pressure
- blood fats and cholesterol
- blood sugar level

These four factors are all linked to heart disease. Healthy eating and regular physical activity will help to reduce your chance of having a heart attack.
BAD FATS VS GOOD FATS

Saturated fats are the bad fats that raise your cholesterol. These foods contain saturated fat:
- meat – always trim the fat off meat and take the skin off chicken
- processed meats like sausages, strass, devon, salami
- butter – choose margarine instead
- dairy products – choose reduced fat varieties of milk, yoghurt and cheese
- cream - try to avoid creamy sauces and desserts
- biscuits and pastries like pies, sausage rolls and pasties
- take away foods like burgers, chips, fried chicken and pizza.

Good fats include monounsaturated and polyunsaturated fats. These foods contain healthier fats:
- avocado
- nuts and seeds
- fish and seafood
- kangaroo and emu
- vegetable oils like olive, canola, sunflower and peanut oil
- margarines.

WHAT’S WRONG WITH TOO MUCH SALT?

- Too much salt can raise your blood pressure.
- Avoid adding salt to your food.
- Avoid high salt (sodium) foods such as:
  - processed meats like bacon and salami
  - packet soups, sauces and seasonings
  - potato chips, pretzels, salted nuts and savoury biscuits
  - take away foods.
- Look for foods labelled ‘reduced salt’, ‘reduced sodium’ or ‘no added salt’.

For more information visit www.vaccho.org.au/nutrition