

Eating for a healthy heart

To help your heart, choose foods that have:

- ✓ **Healthy fats** ✓ **Plant sterols** ✓ **Soluble fibre**

Healthy fats

Eat a variety of foods with healthy fats daily. These fats include monounsaturated, polyunsaturated and omega-3 fats.

Food	How much?	You could:
Monounsaturated fats ✓ Extra virgin olive oil, peanut oil ✓ Avocado ✓ Almond, peanut and cashew nuts 	Each day choose 2 options: • 1 tablespoon (20mls) of extra virgin olive oil • ¼ avocado • 30 grams of unsalted nuts • 1 tablespoon of nut butter.	• Use extra virgin olive oil in cooking and dressings • Spread avocado on wholegrain crackers • Enjoy peanut butter on wholegrain bread. 
Polyunsaturated fats ✓ Oily fish and seafood such as salmon, sardines, tuna and mussels ✓ Sunflower, canola oil ✓ Walnuts, brazil nuts, pine nuts ✓ Chia, flaxseed, sunflower seeds ✓ Tahini ✓ Soybeans 	Each week choose: • 3 serves of oily fish or seafood 1 serve is 150-200 grams Each day choose 1 option: • 30 grams of unsalted nuts • 2 teaspoons of seeds • 1 tablespoon of tahini • 2 teaspoons of oil spread.	• Choose a mix of nuts and seeds as a snack • Mix tahini and lemon juice together to make a dressing • Replace ham with canned salmon in a sandwich or salad. 

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Omega-3 fats

Omega-3 fats are a type of polyunsaturated fat that may reduce the risk of heart disease and stroke. Omega-3 fats are found naturally in oily fish, seafood and plant sources such as walnuts, chia, hemp and flaxseed. Some eggs also contain omega-3 fats.

If you have high triglyceride levels, taking a fish oil or algae supplement may help you. See the Baker Heart and Diabetes Institute omega-3 fatty acids fact sheet for more information.



Plant sterols

Plant sterols can help to block the absorption of cholesterol in the body. You can increase your plant sterol intake by eating more plant foods, taking a plant sterol supplement or choosing a product with added plant sterol.



Milk:
Dairy Farmers
HeartActive



Breakfast cereal:
Weet-Bix Cholesterol
Lowering



Margarine:
Flora ProActive, Logicol Health+,
Nuttelex Pulse, Woolworths Cholesterol
Lowering spread



Supplement:
Blackmores
Cholesterol
Health

How much?

A serve of plant sterols is 2-3 grams. Check the label of products with added plant sterols to see how much is added.

Soluble fibre

Increasing the amount of soluble fibre you eat can help to reduce your cholesterol. Soluble fibre is found in plant foods including oats, barley, psyllium, legumes, lentils, fruit, vegetables and seeds.

Try some of these ideas to add soluble fibre to your meals:

- Choose porridge or muesli with oats for breakfast
- Add canned four bean mix to a salad
- Snack on a piece of fruit
- Put a spoonful of psyllium or chia seeds into yoghurt or a smoothie
- Add a fibre supplement such as Metamucil or Benefibre.



Eating for a healthy heart

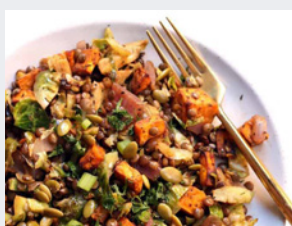
Meal planning with healthy fats and fibre

Breakfast



Rolled oats, chia seeds, reduced fat milk and berries.

Lunch



Lentil and sweet potato salad and almonds.

Dinner



Grilled salmon with vegetables, quinoa and an olive oil, yoghurt dressing.

Snack



Apple and celery with 1 tablespoon of nut butter.

Unhealthy fats

Replace saturated and trans fats with healthier choices.

Replace this:

Animal fats such as:

- Butter
- Ghee
- Lard
- Copha



With that:

Unsaturated plant oils such as:

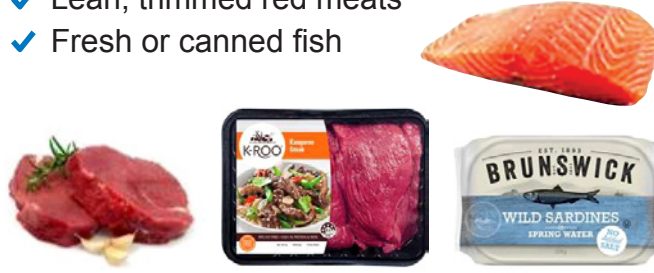
- ✓ Extra virgin olive oil
- ✓ Peanut oil
- ✓ Sunflower oil
- ✓ Canola oil



- Fatty cuts of meat



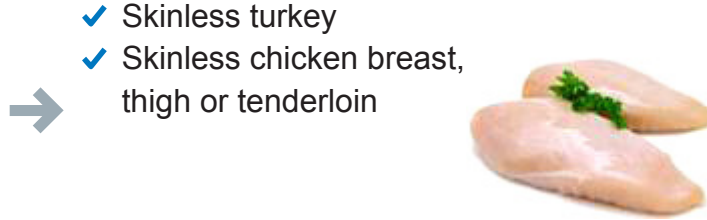
- ✓ Lean, trimmed red meats
- ✓ Fresh or canned fish



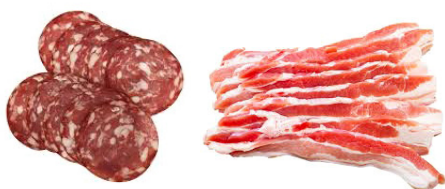
- Chicken, turkey or duck with skin on



- ✓ Skinless turkey
- ✓ Skinless chicken breast, thigh or tenderloin



- Salami
- Bacon
- Pancetta



- ✓ Roast beef
- ✓ Chicken
- ✓ Turkey
- ✓ Egg



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Replace this:

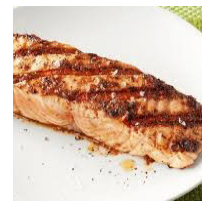
- Deep fried foods



With that:

Foods that are:

- ✓ Roasted
- ✓ Steamed
- ✓ Grilled
- ✓ Pan-fried



Pastry such as:

- Pie
- Sausage roll
- Quiche



- ✓ Use filo pastry brushed with extra virgin olive oil
- ✓ Frittata



- Cake
- Muffin
- Croissant
- Biscuits



- ✓ Fruit
- ✓ Nuts
- ✓ Slice of wholegrain bread with peanut butter
- ✓ Bliss ball



- Crisps
- Corn chips



- ✓ Popcorn
- ✓ Roasted chickpeas
- ✓ Crispbread



- Chocolate
- Ice cream



- ✓ A piece of fresh fruit
- ✓ Natural yoghurt
- ✓ Pauls low fat chocolate mousse
- ✓ Cocoa or sugar free drinking chocolate
- ✓ Yopro frozen dessert stick; FroPro



Eating for a healthy heart

Replace this:

- Coconut oil
- Coconut cream
- Coconut milk



With that:

- ✓ Light coconut milk
- ✓ Evaporated milk with coconut essence
- ✓ Extra virgin olive oil
- ✓ Peanut oil
- ✓ Sunflower oil
- ✓ Canola oil



- Sour cream
- Cream



- ✓ Natural yoghurt
- ✓ Low fat ricotta



If you have diabetes or heart disease:



Choose reduced fat cheese, yoghurt and milk



Limit eggs to 7 each week

Label reading for fats, fibre and sodium

Nutrition Information

Serving per package: 9

Service size: 83.5g (2 slices)

	Quantity per serve	Quantity per 100g
Energy	918kJ	1099kJ
Protein	6.1g	7.3g
Fat, total	2.8g	3.3g
- Saturated	0.3g	0.4g
- Trans	<0.1g	<0.1g
- Polyunsaturated	1.5g	1.8g
- Monounsaturated	0.9g	1.1g
Carbohydrate, total	39.8g	47.7g
- Sugars	16.3g	19.6g
Dietary fibre	6.6g	7.9g
Sodium	230mg	275mg

Saturated fat

Aim for **less** than 2g per 100g.

Exceptions:

cooking oils such as olive and canola; cheese, whole nuts and seeds.

Trans fat

Aim for **less** than 1g per 100g. Trans fats may not be listed.

Fibre

Aim for **more** than 5g per 100g.

Sodium

Aim for **less** than 400mg per 100g.