

Food for your heart

You can enjoy a healthy balanced diet simply by following these five tips:

1. Eat a variety of foods from the five food groups
2. Include vegetables, fruit, wholegrains, nuts and seeds every day
3. Choose healthier fats, oils and protein sources
4. Limit sugary, fatty and salty take-away meals and snacks
5. Drink mainly water.





**Include
vegetables
and fruit**



Carrot



Sweet potato



Mango



**Include
wholegrain
breads and
cereals**



Bread



Weetbix



Oats



Bread roll



Rice



Pasta



**Choose
healthier fats,
oils and
protein
sources**



Olive, canola,
corn, soybean,
safflower,
sunflower oils



Avocado



Lean meat



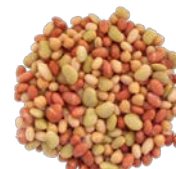
Fish



Chicken



Nuts and seeds



Legumes



**Limit
unhealthy
fats, oils and
protein
sources**



Coconut
and palm oil



Meat with
fat still
attached



Battered
fish



Crumbed chicken



**Limit
takeaway
foods**





**Limit high
energy
snacks**



**Drink mainly
water**



**Limit high
sugar
drinks**





**Choose low
fat dairy
products**



**Limit full fat
and flavoured
dairy products**



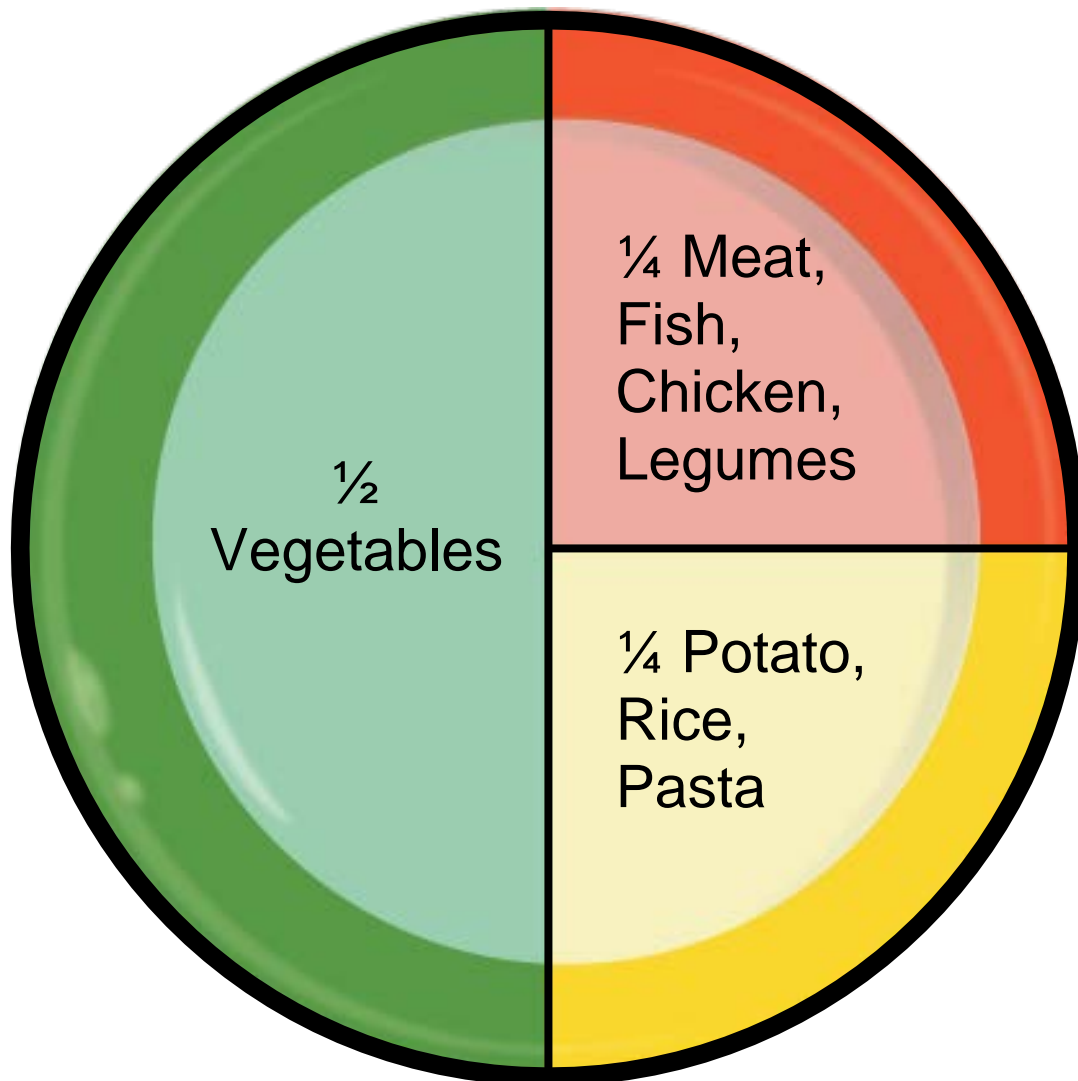
Limit alcohol



**Only 2 standard
drinks per day.**

**Aim to include at least
2 alcohol free days per
week.**

What Should Your Plate Look Like?

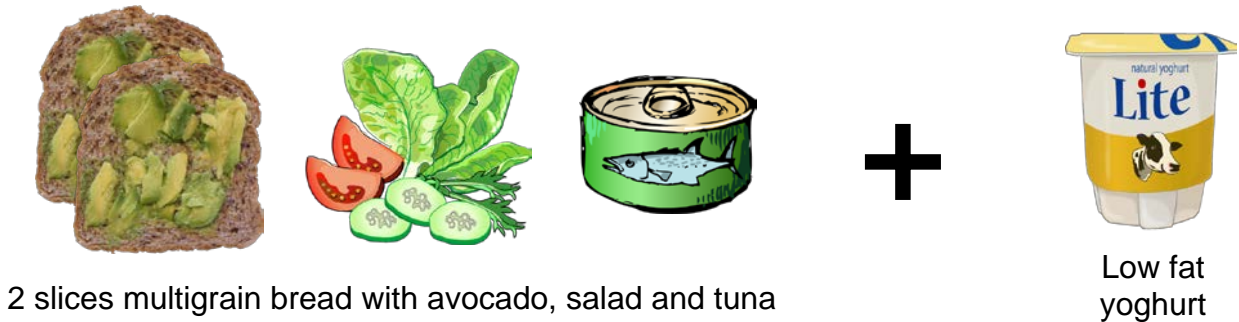


Sample Meal Plan

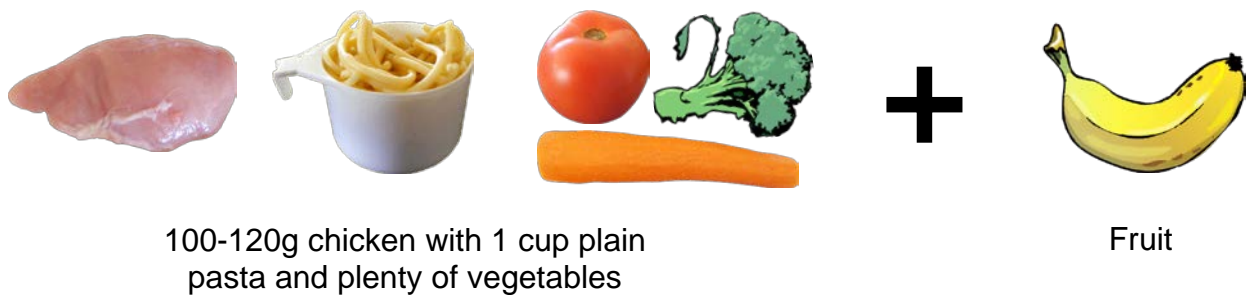
BREAKFAST



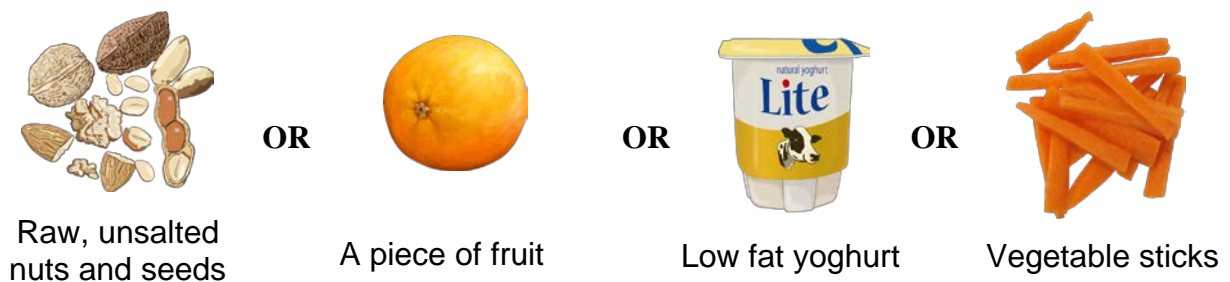
LUNCH



DINNER



SNACK IDEAS



Sample Meal Plan

BREAKFAST



2 slices multigrain bread with scrambled eggs

Fruit

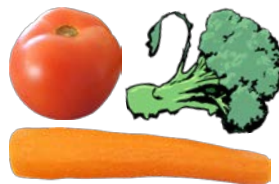
LUNCH



1 multigrain roll with salad and cold roast meat

Low fat
yoghurt

DINNER



100-120g fish with ½ cup potato and plenty of vegetables

Fruit Salad

SNACK IDEAS



OR



OR



OR



Raw, unsalted
nuts and seeds

A piece of fruit

Low salt crackers
with tomato and
cottage cheese

Vegetable pieces



Sample Meal Plan

BREAKFAST

½ cup of rolled oats or weetbix with low fat milk
Or 2 slices multigrain or wholemeal bread with scrambled eggs, tomato, jam or honey
plus 1 piece of fresh fruit
water

LUNCH

2 slices multigrain or wholemeal bread **or** 1 roll
With salad (lettuce, tomato, onion, carrot), avocado and cold roast meat or tuna in spring water
Plus 1 piece of fresh fruit or 1 tub of low fat yoghurt
Water

DINNER

100-120 g lean meat, chicken (no skin) **or** fish
With 1 cup plain pasta **or** 2/3 cup rice **or** ½ cup potato **or** sweet potato **or** corn
Plus plenty of other fresh or frozen vegetables (e.g. broccoli, cabbage, carrots, cauliflower, peas, spinach, zucchini)
And fruit salad **or** ½ cup low fat yoghurt **or** ½ cup custard
Water

SNACK IDEAS

Raw, unsalted nuts
Fresh fruit or vegetable sticks
Low fat yoghurt
2 low salt crackers with tomato and cottage cheese
Small bowl of unsalted popcorn

Things I can do to eat healthy for my heart

1.

2.

3.

For further information contact your Dietitian: _____

Phone: _____