

Heart healthy tips

Eat 2 serves of fruit...



1 serve of fruit =
- 1 medium sized fruit or
- 2 pieces of small fruit

1 serve of vegetables =
- 1/2 cup vegetables
- 1 cup salad vegetables

...and 5 serves of vegetables a day



- Choose wholegrain bread and cereals
- Use margarine and oils instead of butter
- Use canola, sunflower, soybean or olive oil when cooking or for salads
- Choose low or reduced fat milk, yoghurt and cheese
- Eat fresh or canned fish two to three times a week (salmon, tuna, sardines)
- Eat less take-away food
- Take skin off chicken and cut fat off meat before cooking
- Avoid eating processed meats (salami, sausages)
- Add flavour with herbs and spices instead of salt
- Choose 'reduced salt' or 'no added salt' foods
- Choose fruit, raw vegetables or unsalted nuts as a snack instead of cake, biscuits or crisps
- Drink tap water instead of soft drink



For more information on heart health call the Heart Foundation on 1300 36 27 87 (cost of a local call) or visit our website at www.heartfoundation.org.au. If you need an interpreter, call 131 450 and ask for the Heart Foundation Health Information Service.