



Food for a Healthy Heart

It's never too late to look after your heart, improve your health, and get the most out of life.



Some guidelines to help you choose the best foods for your heart:

- Have fruits and/or vegetables at every meal and for most snacks.
- Select whole grains, wholegrain breads or high-fibre breakfast cereals, in place of white bread and low fibre varieties.
- Include fish or dried peas, beans and soy products, or a small serving of lean meat or skinned poultry, at one or more meals each day.
- Have low-fat milk, low fat milk products, soy or legume products every day.
- Use nuts, seeds, avocado, oils or margarine instead of animal and coconut fats
- Drink plenty of fluids each day, particularly water, and limit sugar-sweetened drinks and alcohol
- Limit sugar or salt when cooking and preparing meals. Choose ready-prepared foods, snacks and drinks low in saturated fat, sugar and sodium.

Avoid butter, deep-fried and fatty foods and have sweet bakery products or pastries only occasionally.

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Adapted from: heartfoundation.org.nz/healthy-living