

A Guide to
Heart Healthy Eating



**A guide for
people at
risk of heart
disease**

HEART HEALTHY EATING

This booklet is an eating guide for people at risk of having a heart attack, stroke or blood vessel disease. It explains how you can enjoy improved heart health by changing what you eat.

It is based on the 'nine steps' for heart healthy eating. It explores and explains each step in detail, suggests quick and simple changes you can make and shows how to check food labels.

We recommend you work through this booklet with your nurse, doctor or health professional, as they can provide you with individualised information and advice.

If you require further details, please contact the Heart Foundation on 09 571 9191 or visit www.heartfoundation.org.nz.





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NUTRITION INFORMATION			
SERVINGS PER PACK: 5		SERVING SIZE: 200ml	
AVERAGE QUANTITY	PER SERVE	PER 100ml	Ⓢ BLUE TOP PER 100ml
ENERGY	308kJ 74Cal	154kJ 37Cal	255kJ 61Cal
PROTEIN	7.5g	3.7g	3.1g
FAT- total	0.2g	0.1g	3.3g
- saturated	0.2g	0.1g	2.4g
CARBOHYDRATE	10.2g	5.1g	4.7g
- sugars	10.2g	5.1g	4.7g
SODIUM	91mg	46mg	40mg
CALCIUM	266mg*	133mg	115mg

*33% of the daily intake of Calcium per serve



Eating for a Healthy Heart

If you are ready to make changes to look after your heart, then this booklet is for you. It shows you what to eat, how to choose foods and how to prepare meals in a balance that improves your heart health.

By the end of this booklet you will:

- Know how to eat to improve your heart health and;
- Be able to set personal goals to improve the way you eat.

What is Heart Healthy Eating?

Heart healthy eating is about your pattern of eating. This includes all of the foods you choose, how they are prepared and how they influence your heart health.

Even if you are on medications for raised cholesterol, raised blood pressure, diabetes or heart disease, following a heart healthy eating pattern will further reduce your heart risk.

Why change to Heart Healthy Eating?

Some foods reduce heart disease risk while others increase it. Changing the balance of foods you eat can reduce your overall risk of heart disease and improve heart health.

Use this booklet to learn more about the foods that protect your heart health and the amounts of these heart healthy foods you need to eat. Try to make changes one step at a time.

As you find new ways of preparing heart healthy meals, you will find it easier to choose more of the foods that reduce heart risk.



By following the nine steps for heart healthy eating, you can reduce your risk of heart disease and improve your heart health.

Foods that can reduce or increase your heart risk are listed below:

Reduce Risk

Fruits and coloured vegetables
Whole grain breads and cereals
Soy products
Other dried peas and beans
Fish, especially oily fish
Plant oils and soft margarine spreads
Unsalted nuts and seeds
Lowest fat milk products

Increase Risk

Butter, cream and sour cream
Whole milk products
Meat fat and fatty meat
Deep fried foods, pies and pastries
Biscuits, cakes, sweets and chocolate
Ice cream, cream cheese and eggs
Chips and high fat crackers
Hardened vegetable fats used in bakery products like chocolate and yoghurt coatings

Nine steps for heart healthy eating

- 1 Enjoy three meals a day, selecting from dishes that encourage you to eat plant foods and fish, and with little or no dairy fat, meat fat or deep fried foods.
- 2 Choose fruits and/or vegetables at every meal and for most snacks.
- 3 Select whole grains, whole grain breads, or high-fibre breakfast cereals, in place of white bread and low-fibre varieties at most meals and snacks.
- 4 Include fish or dried peas, beans and soy products, or a small serving of lean meat or skinned poultry, at one or two meals each day.
- 5 Choose low-fat milk, low-fat milk products, soy or legume products every day.
- 6 Use small amounts of oil, margarine, nuts or seeds.
- 7 Drink plenty of fluids each day, particularly water, and limit sugar-sweetened drinks and alcohol.
- 8 Use only small amounts of total fats and oils, sugar and salt when cooking and preparing meals, snacks or drinks. Choose ready-prepared foods low in these ingredients.
- 9 Mostly avoid or rarely include, butter, deep-fried and fatty foods; and only occasionally choose sweet bakery products.

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The following sections within this booklet look at each of these steps in more detail.

A Heart Healthy Lifestyle and a Healthy Weight

A heart healthy lifestyle involves maintaining a healthy body weight, enjoying regular physical activity and not smoking.

To reduce body weight, you need to eat fewer kilojoules or calories – the energy found in food. Eating more kilojoules than your body needs is the main cause of weight gain.

Foods with higher kilojoule values are more fattening. If you mostly eat foods from the heart healthy food groups, and few foods that are high in fats or added sugars, you can reduce your kilojoule intake.

Getting started

To get started, you need to know how much food is enough to maintain a healthy weight and improve your heart health. This will depend on your age, height, current weight, gender and level of physical activity. Work this out by using the following table.

- 1 Start by using the table below to work out if your kilojoule needs each day are 'low', 'moderate' or 'high'. Look across each of the lines and tick the factors that best apply to you. The list with the most ticks is your current kilojoule requirement.

Kilojoule Needs		
Low (6300kJ)	Moderate (8400kJ)	High (10500+kJ)
<input type="radio"/> Tend to gain weight	<input type="radio"/> Overweight or normal weight	<input type="radio"/> Lean
<input type="radio"/> 65 years or older	<input type="radio"/> 45-64 years	<input type="radio"/> 44 years or younger
<input type="radio"/> Sedentary job and physically unfit	<input type="radio"/> Sedentary job but active	<input type="radio"/> Very active
<input type="radio"/> Up to 158cm tall	<input type="radio"/> 159-175cm tall	<input type="radio"/> 176cm or taller
<input type="radio"/> Female	<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> Male

Note: Any combinations that include tall stature, youth or very active usually mean we have moderate or high kilojoule needs. People with all three may need even more than the high kilojoule level.



2 Now that you know what your kilojoule needs are, use the table below to find out how many servings from each food group you can eat each day. Information on serving sizes is included in this booklet.

Heart Healthy Food Groups	Low (6300kJ) Servings	Moderate (8400kJ) Servings	High (10500+kJ) Servings	My Plan
Coloured vegetables	5+	4+	4+	
Fruits	3-4	5	6+	
Grains and starchy vegetables	6-8	8-10	10-14	
Fish and seafood, dried peas, beans, or soy products*, lean meat or skinned poultry	1½	2	2½-3	
Trim or skim milk, low-fat milk products or soy products*	2-3	3	3-4	
Oils, margarine spreads, nuts, seeds and avocado	3	4-6	6+	
Snacks or 'other foods'** (see page 10 and page 32)	0-3	2-4	3-5	

* Use soy products, if preferred.

** There are 'other foods' we eat that don't belong in the heart healthy food groups. For further information, see page 32.

Step 1: Enjoy Three Meals Each Day

Select from dishes that encourage you to eat plant foods and fish, with little or no dairy fat, meat fat or deep fried foods.

Having three planned meals every day can provide a healthy balance of foods and nutrients. Also, if you sit down to a meal and **eat slowly** you are more likely to feel full before you have over-eaten.

When planning your meals, choose foods that are mostly from the heart healthy food groups: fruits and coloured vegetables; grains and starchy vegetables; fish, dried peas, beans or soybeans, lean meat or skinned poultry; trim or skim milk, low-fat milk products or soy or legume products; oils, margarine spreads, nuts, seeds or avocado.

What makes a meal?

A meal has three basic parts and three optional parts.

The basic parts of a meal from the heart healthy food groups are:

- 1 Fruits and/or coloured vegetables.
- 2 Grains and starchy vegetables – these include whole grain breads or cereals, rice, pasta, potato, taro or kumara.
- 3 Fish and seafood, dried peas, beans or soy products, lean meat or skinned poultry or lowest fat milk products.

The optional parts of a meal are:

- 1 Oil, margarine spread, nuts, seeds or avocado.
- 2 Drinks – water, teas, coffee or diet drinks.
- 3 Flavourings – herbs, spices, sauces, relishes, jams, other spreads or lite dressings.





What is a breakfast?

Some people need to eat more breakfast than others. Your needs will depend on how active you are. A solid meal generally provides a natural balance of nutrients and is likely to be more sustaining than a liquid meal.

Here are some examples of what you could eat for breakfast.

Heart Healthy Food Groups	Light Breakfast	More Filling Breakfast
Fruit or vegetable	Grated apple or other fruit	Juice and banana
Plus	Plus	Plus
Grains or starchy vegetables	Porridge or bran cereal	Porridge or natural muesli
Plus	Plus	Plus
Trim or skim milk or low-fat milk products	Trim milk or yoghurt (less than 1g total fat/100g)	Trim milk or yoghurt (less than 1g total fat/100g)
And/or	And/or	And/or
Grains or starchy vegetables	Toast and tomato	Baked beans or corn on toast
Optional extras:	Nuts or seeds in cereal or margarine spread on bread Sugar-free jam, thinly spread honey/Vegemite™/Marmite™ Water, coffee or tea	

What is lunch or a light meal?

Here are some examples of what you could eat for lunch or a light meal. Aim to have whole grains most days.

Heart Healthy Food Groups	Most Days (4-5 days)	Some Days (2-3 days)
Grains or starchy vegetables	Whole grain bread or bread roll or pita bread	A portion of rice or pasta or noodles
Plus	Plus	Plus
Fish, beans, lean meat, skinned poultry or low-fat milk product	Chicken or canned fish, hummus or beans or cottage cheese or yoghurt	Chicken or meat or seafood or small cheese or vegetarian bean dish
Plus	Plus	Plus
Coloured vegetables	Salad filling, side salad or chunky vegetable soup	Stir-fry vegetables or side salad or vegetables
Plus/or	Plus/or	Plus/or
Fruits	Fruit or fruit salad	Fruit
Optional extras:	Margarine spread or oil dressing, nuts or seeds Lite dressing, pickle, sauce or mustard Water, coffee or tea	Oil in cooking or oil dressing, nuts or seeds Stir-fry or tomato pasta sauce Water, coffee or tea





What is dinner or a main meal?

Here are some examples of meals you can eat for dinner.

Heart Healthy Food Groups	Main Meal	Main Meal
Grains or starchy vegetables	Potato, kumara or taro	Rice or pasta or bread wrap
Plus	Plus	Plus
Fish, beans, lean meat, skinned poultry or a low-fat milk product	Grilled meat or chicken or low-fat casserole	Stir-fry meat, seafood, tofu or small grating of cheese
Plus	Plus	Plus
Coloured vegetables	1 orange or red vegetable 1 green vegetable 1 other vegetable	Large stir-fry vegetables or salad
Optional extras:	Mustard, spices or herbs Sauce or light gravy or lite dressing Water, coffee or tea	Curry, chilli or stir-fry sauce Lite mayonnaise Oil for cooking or lite dressing Canned tomatoes Water, coffee or tea

Note: Dinner and a light meal can be swapped around, depending on your requirements for the day.

What is a snack?

Eating snacks between meals can provide extra daily nutrients and increase your servings from the heart healthy food groups; for example fruit.

Fruit is the best choice for a small snack but if you need a more substantial snack, bread is a good option. One serving of fruit has around 200-250 kilojoules. The snack examples below are equal to two servings of fruit (400-500 kilojoules).

How many snacks you need will depend on how active you are during the day. Many people will only need 0-1 snack servings each day, for example 2 pieces of fruit or 3 Vita-Weat™ with pickle and cottage cheese. Lean, active people might need up to 5 or 6 snack servings each day (or even more) such as 4 servings of fruit, 2 slices of bread with chicken and lettuce and 1 muffin split.

Alternative snacks of 'other foods' are listed on page 32.

How much is a serving?

One healthy snack serving is 400-500 kilojoules

Fruit – these consist of two fruit servings.

1 apple and 1 orange

1 large banana

20 grapes

1 large glass of juice

12 dried apricot halves

6 dates or prunes

2 rounded tablespoons of raisins

Fruit plus something else – these include one fruit serving.

1 serving of fruit and 6 walnut halves

1 fruit and 2 Ryvita™ and cottage cheese

1 cup of fruit salad, spoonful of yoghurt and sprinkle of cereal

1 tablespoon (15g) of raisins and

1 tablespoon (12g) of nuts or seeds





Milk-based snacks – these include one milk serving.

1 cup of trim milk

Small pottle of diet yoghurt (low-fat, no added sugar)



Whole grain plus something else – these include one grain serving.

1 slice of toast with ½ a banana

3 Vita-Weat™ with pickle and cottage cheese

1 slice of bread, chicken and lettuce sandwich

½ a wholemeal salad roll and Vegemite™

1 muffin split (whole grain is best)

Small low-fat bran muffin with light margarine spread

1 slice of low-fat fruit loaf with light margarine spread

1 slice of bread or toast with hummus and sprouts

⅔ cup of baked beans

2 Ryvita™ thinly spread with peanut butter

1 slice of toast, thin spread of pesto with tomato

Step 2: Fruits and Coloured Vegetables

Choose fruits and/or vegetables at every meal and for most snacks.

Fruits and vegetables add colour to meals and are the most important source of vitamin C, other valuable nutrients and dietary fibre.

Aim to eat at least 8 servings each day.



How much is a serving?

Coloured* vegetables	
Raw leafy or salad vegetables	1 cup
Tomato	1 vegetable (50-80g)
Carrot	1 vegetable (50-80g)
Cooked or frozen vegetables	½ cup (50-80g)
Fruit	
Apple, pear, orange or nectarine	1 medium fruit
Banana	1 small fruit
Stewed, frozen or canned fruit in juice	½ cup
Canned fruit in water or chopped fresh fruit	1 cup
Apricots or plums	2-3 small fruit
Kiwifruit	1 large or 2 small fruit
Berries, cubes of melon, pineapple or mango	1 cup
Grapes, cherries or strawberries	10-15
Dried apricots	6-8 halves
Raisins or sultanas	1 rounded tablespoon

* One serving of coloured vegetables is low in kilojoules.

Include artichokes, asparagus, beetroot, bok choy, broccoli, Brussels sprouts, cabbage, carrots, celery, Chinese greens, choko, courgettes, cucumber, eggplant, endive, fig or vine leaves, green beans, kale, leeks, lettuce, marrow, okra, parsley, peas, peppers, puha, pumpkin, radishes, rocket, silverbeet, snowpeas, spinach, spring onions, swede and watercress. This group also includes the white coloured vegetables – cauliflower, garlic, mushrooms, onions and turnips.

Potatoes, kumara, corn, yams and taro are not included under 'vegetables' because they are in the 'Grains and Starchy Vegetables' group (next section). This is because they have more starch and kilojoules per serving than other vegetables.

What does 8 servings a day look like?

		Servings
Breakfast	1 kiwifruit or ½ cup of canned fruit in juice on cereal	1
Lunch	½ cup of salad or coleslaw with lite dressing and ½ tomato in a sandwich	1
	1 peach	1
Dinner	1 cup of cooked green vegetables	2
	½ cup of cooked orange or red vegetables	1
Snacks	1 apple, 1 orange	2
Total servings for the day		8

Make a change

Food to go

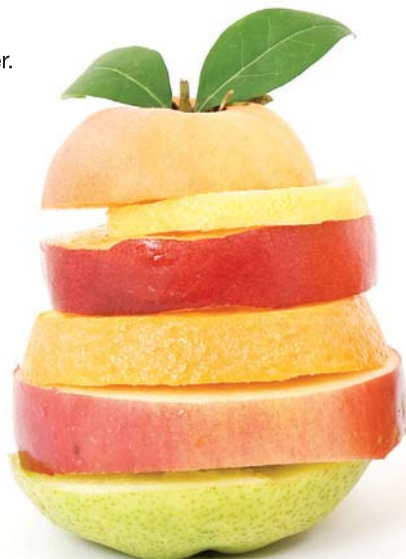
- Buy a box of raisins, some grapes, a carrot, capsicum sticks or cherry tomatoes for a quick snack.
- Choose a prepared salad item from the vegetable section at the supermarket.

Save dollars

- Have double servings of cheaper varieties of vegetables such as cabbage, pumpkin, onions or tinned tomatoes.
- Buy fruit in season and use canned fruit during winter.

Change cooking styles

- For tender vegetables try steaming them.
- Cut a variety of coloured vegetables into small pieces or choose frozen mixed vegetables – cover with glad-wrap and microwave.



Step 3: Grains and Starchy Vegetables

Select whole grains, whole grain breads, or high-fibre breakfast cereals, in place of white bread and low-fibre varieties at most meals and snacks.

Breads and cereals, and starchy vegetables, are foods that are inexpensive and filling. They contain valuable dietary fibre, protein, unsaturated fat and other nutrients.

Select a filling base of grain, bread, cereal, rice, pasta, potato, taro or kumara at each meal and snack if needed.

Aim to eat at least 6 servings of grains and starchy vegetables each day. Choose a variety of grain products (at least half of these should be whole grain products).

Depending on kilojoule needs, most people need 8-14 servings each day. Check your kilojoule level on page 4.



How much is a serving?

Grains	
*Whole grain bread	1 medium slice (30g)
*Whole grain bread roll	½ roll (30g)
*Whole grain crispbread	4 crispbread (25g)
Weet-Bix™	1 ½ biscuits
Porridge, cooked	½ cup
Muesli, natural untoasted	⅓ cup
Bran cereal	½ cup
Whole wheat cereal (Weeties™, Puffed Wheat™)	⅔ cup
Wholemeal pasta, cooked	½ cup
Other pasta or noodles, cooked	½ cup
Rice, cooked	⅓ cup or 2 small sushi
Other breads	1 slice (30g)
Starchy vegetables	
Potato	1 small potato (75g)
Yams	3 small vegetables or ⅓ cup
Parsnip, kumara or corn cob	½ vegetable or ½ cup (80g-100g)
Taro	1 small piece, ½ cup (70g)

* A whole grain food is one with the words 'whole grain', 'grain', 'oats', 'oat bran', 'bran', 'kibbled wheat', 'rye', or 'barley' near the beginning of the ingredients list.

What does at least 8 servings a day look like?

		Servings
Breakfast	2/3 cup of natural muesli	2
Lunch	2-4 slices of whole grain bread	2-4
Dinner	2 servings of potato, kumara, rice or pasta	2
Snacks	4 Vita-Weat™ crispbreads	1
	1 slice of whole grain bread	1
Total servings for the day		8-10

Make a change

Shop smart

- Choose whole grain bread with at least 5g of dietary fibre in the 100g column on the food label.
- Choose a breakfast cereal with at least 7g of dietary fibre in the 100g column on the food label.



Be adventurous

- Taste different breads, including varieties with cracked grains or seeds.
- Try brown rice, wholemeal spaghetti, cooked barley, cracked or bulghur wheat.

Prepare bread meals

- Have more sandwiches, wraps and rolls with added vegetables or salad ingredients.
- Thinly spread sunflower or canola spread on whole grain breads and rolls.

Label check

Look at the nutrient information panels found on the back of food packages to find the nutrient content.

Products	Per 100g look for...
High-fibre, whole grain breads	5g fibre or more
Crispbreads	7g fibre or more
Breakfast cereals	7g fibre or more
Non-fruit cereals	15g sugar or less
High fruit cereals	25g sugar or less
Wheat cereals	3g total fat or less
Bran cereals	5g total fat or less
Oat cereals	8g total fat or less

Step 4: Fish, Dried Peas, Beans or Soy Products, Lean Meat or Skinned Poultry

Include fish or dried peas, beans and soy products, or a small serving of lean meat or skinned poultry at one or two meals each day.

This group of foods is rich in protein and minerals essential for health. Fish, soybeans and soy products are protective of the heart and blood vessels because of the type of fat and nutrients they contain. Fat on meat and in chicken is mainly saturated, which raises cholesterol levels.

Depending on your kilojoule requirements, choose 1-3 servings each day. Check your kilojoule level on page 4.

How much is a serving?

Fish and seafood	
Cooked fish	2 small cooked fillets (150g oily, 200g white)
Mussels, prawns or other seafood	1 cup
Salmon	1/3 cup (80-100g)
Sardines	4 sardines (1/2 can) (50g)
Tuna	1/2 cup (80-100g)
Lite or reduced oil canned fish (3.0g total fat/100g)	1/2 - 2/3 cup (80-100g)
Lite tuna (check 1.0g total fat/100g or less)	1 cup (150g)
Dried peas, beans and soy products	
Cooked dried beans	1 cup
Cooked soy beans	1/2 cup
Tofu or tempeh	1/2 cup (150g)
Soy milk	1 cup (250ml)
Tofu yoghurt	1 cup (150g)
Lean meat and skinned poultry	
Cooked lean meat	2 slices (100-120g)
Lean mince or casserole	1/2 cup (125g)
Lean steak	1 small steak (100g)
Skinned chicken breast	1 small breast (120g)
Skinned chicken drumsticks	2 small drumsticks
Skinned chicken leg	1 leg
Egg*	1-2 eggs

* Limit to 3 eggs per week.

What are dried beans?

Dried beans, also known as pulses, come in a variety of shapes and colours. There are many different types including adzuki beans, lentils, chickpeas, split peas, mung beans, soybeans, pinto beans, red kidney beans and cannelloni beans.

What are oily fish?

Oily fish includes: tuna, kingfish, deep sea dory, warehou, orange roughy, snapper, oreo dory, swordfish, salmon, trout, sardines, mackerel, herring, flounder and eel.

Make a change

Include fish

- Aim to eat at least 200-400g (2-3 servings) of fish each week, especially oily fish.

Dry bake or grill fish with a sprinkle of pepper and herbs. You could also try coating the fish with sauce - for example plum sauce - then coat with herbed breadcrumbs.

Try dried beans

- Add dried beans to meals and dishes for variety. For convenience, use canned varieties - for example canned chickpeas, kidney beans or mixed bean salads.
- Add lentils to soups, make lentil patties or add them to meat patties. Lentils cook more quickly than other dried beans.

Keep meat low-fat

- Choose fresh varieties of meat, fish and chicken more often than pre-prepared types.
- Remove all visible white fat or skin before adding meat to casseroles, stews, soups or boil-ups. Try adding extra amounts of vegetables, grains or cooked dried beans to reduce the quantity of meat used.
- Cook and drain mince before adding to other ingredients.



Label check

Look at the nutrient information panels found on the back of food packages to find the nutrient content.

Products	Per 100g look for...
Fresh and frozen white fish and seafood	3g total fat or less
Fresh and frozen oily fish e.g. salmon	8g total fat or less
Fresh and frozen lean meat and chicken	8g total fat or less
Lite tuna, lowest fat variety	1g total fat or less 400mg sodium or less
Lite reduced oil or packed in water or brine (drained) canned or foil-packed fish	3g total fat or less 400mg sodium or less
Regular canned or foil-packed fish e.g. tuna, sardines (drain oil)	8g total fat or less 400mg sodium or less
Crumbed/pre-prepared fish and chicken*	8g total fat or less 400mg sodium or less
Processed meats e.g. low-fat luncheon, deli-meat or ham	3g total fat or less and limited to 60g (1/2 serving)

* Only use occasionally.



Step 5: Low-Fat Milk, Low-Fat Milk Products or Soy Products

Choose low-fat milk, low-fat milk products, soy or legume products each day.

Milk products are our richest source of calcium. They also provide valuable protein and other minerals. Two-thirds of the fat in milk products is saturated fat. As saturated fat raises cholesterol levels, full-fat dairy products are strictly limited. Lowest fat milk products are the healthiest for the heart.

Depending on your kilojoule requirements, choose 2-4 servings each day. Check your kilojoule level on page 4.

How much is a serving?

Milk and milk products	
Trim or skim milk (green or yellow cap 0.5g total fat/100ml or less)	1 cup (250ml)
Trim or skim UHT milk	1 cup (250ml)
Skim milk powder	3 tablespoons
Light or skim evaporated milk	1/3 cup (80ml)
Calcium-fortified soy milk	1 cup (250ml)
Low-fat yoghurt (1g total fat/100g or less)	1 small pottle (150g)
Reduced-fat Greek or European-style yoghurt (1g total fat/100g)	2/3 cup
Cottage cheese	1/3 cup (80g)
Low-fat cottage cheese (3g total fat/100g or less)	1/2 cup (125g)
Quark, ricotta or extra-light cream cheese (5g total fat/100g)	1/4 cup (62g)
Regular Greek yoghurt (10g total fat/100g)	2 tablespoons
Limit cheese to 3 servings a week	
Parmesan cheese	2 tablespoons grated
Hard cheeses e.g. Cheddar or Tasty	20g or 2cm cube or 3 level tablespoons grated
Semi-hard cheeses e.g. Camembert, Brie, Edam, Feta or Mozzarella or reduced-fat hard cheeses	30g or 3cm cube
Reduced-fat, lite or slim processed cheese slices	2 slices

Make a change

Choose trim milk

- Gradually change to using trim, skim or super trim or other milk with 0.5g fat/100g or less (usually green or yellow cap).



Eat less cheese



- Have cottage cheese in sandwiches or try yoghurt with fruit.
- Instead of sour or reduced cream, use cottage cheese, low-fat European-style yoghurt or plain yoghurt on baked potatoes, homemade wedges and in dips.

Check sweetness

- Try unsweetened yoghurt with fresh fruit.
- Choose fewer milk products that have added sugars like breakfast drinks, flavoured milk, smoothies and custards.



Watch toppings and drinks

- Keep cream, lite cream, sour cream, lite sour cream, cream cheese, light cream cheese and crème fraîche for special occasions only.
- Substitute café coffee drinks, full-fat milkshakes, smoothies, dairy foods and desserts with trim milk drinks and low-fat yoghurts.

Label check

Look at the nutrition information panels found on the back of food packages to find the nutrient content.

Products	Per 100g or 100mls look for...
Milk e.g. trim, skim or super trim	0.5g total fat or less
Yoghurt	1g total fat or less
Cottage cheese	3g total fat or less
Ricotta, quark or extra-light cream cheese	7g total fat or less
Hard or semi-hard cheese	Restrict quantity

Step 6: Oil, Margarine Spreads, Nuts, Seeds or Avocado

Use small amounts of oil, margarine spreads, nuts or seeds.

These foods contain the most fat of the heart healthy group of foods. Fats in nature are a mixture of polyunsaturated, monounsaturated and saturated fats.

Polyunsaturated fats are essential nutrients so it is important to regularly choose some foods rich in these fats. Foods rich in polyunsaturated and monounsaturated fats help to reduce harmful LDL-cholesterol levels in the blood.

Margarine spreads are a better choice than butter because nearly two-thirds of the fats in butter are saturated. Saturated fat raises cholesterol levels. In comparison, margarine spreads contain healthier polyunsaturated fats that lower harmful LDL-cholesterol in the blood. Some margarine spreads contain added plant sterols or stanols that help to lower cholesterol even further.

Depending on your kilojoule requirements, choose 3-6 or more servings each day. Check your kilojoule level on page 4.



How much is a serving?

Oils and Spreads	
Oil	1 teaspoon
Soft table margarine spread (70-80g total fat/100g)	1 teaspoon
Light margarine spread (40-60g total fat/100g)	2 teaspoons
Ultra light margarine spread (20-25g total fat/100g)	4 teaspoons
Mayonnaise (40-60g total fat/100g)	2 teaspoons
French dressing or vinaigrette (40-60g total fat/100g)	2 teaspoons
Lite mayonnaise or dressing (10g total fat/100g or less)	3 tablespoons
Nuts, seeds and avocado	
Nuts	1 dessertspoon
Pumpkin seeds	1 dessertspoon
Sunflower or sesame seeds	1 tablespoon
Peanut butter	1 dessertspoon
Avocado	1 tablespoon

Make a change

- Choose a variety of oils, spreads, nuts and seeds since they provide different nutritional qualities.
- If you do not eat oily fish, include fish oil capsules, linseeds, walnuts, wheatgerm, linseed or canola oil for heart-healthy omega-3 fats.
- Choose foods rich in polyunsaturated and/or monounsaturated fats every day and avoid foods rich in saturated fats.

Choose these foods rich in polyunsaturated and/or monounsaturated fats.

Foods rich in polyunsaturated fats

Brazil nuts	Pine nuts	Soy oil	Sunflower seeds
Flaxseed oil	Pumpkin seeds	Sunflower or sunflower/canola margarine spreads	Walnuts
Fish oil capsules	Safflower oil	Sunflower oil	Wheatgerm
Grapeseed oil	Sesame oil		Wheatgerm oil
Linseeds	Sesame seeds		

Foods rich in monounsaturated fats

Almond oil	Canola margarine spreads	Olive oil	Peanuts
Almonds	Cashew nuts	Olive oil margarine spreads	Pistachio nuts
Avocado oil	Hazelnuts	Olives	Rice bran oil
Avocados	Macadamia nuts	Peanut oil	Rice bran oil margarine spreads
Canola oil			

Mostly avoid these foods rich in saturated fats

Butter	Coconut cream	Kremelta	Paté
Butter blends	Coconut milk	Lard	Reduced fat or sour cream
Chefade	Coconut milk powder	Lite-butter	Semi-soft butter
Chicken fat	Coconut oil	Palm kernel oil	Shortenings
Chicken skin	Cream cheese	Palm oil	Suet
Cocoa butter	Dripping	Partially hydrogenated fat	Visible meat fat
Coconut			



Label check

Look at the nutrition information panels found on the back of food packages to find the nutrient content.

Products	Per 100g look for...
Margarine spreads	1g trans fat or less 50g total fat or less for lower kilojoule products*
Hummus spreads	10g total fat or less
Lite dressing	10g total fat or less
Products	Check the ingredients list for...
Liquid oils	Check for named oils on the polyunsaturated or monounsaturated list on the previous page
Nuts and seeds	Check for no added salt or coconut

* For example light margarine spreads.



Step 7: Drinks

Drink plenty of fluids each day, particularly water, and limit sugar-sweetened drinks and alcohol.

Drinking fluids is essential for good health. High kilojoule drinks contain sugars, fats or proteins and can contribute to weight gain.

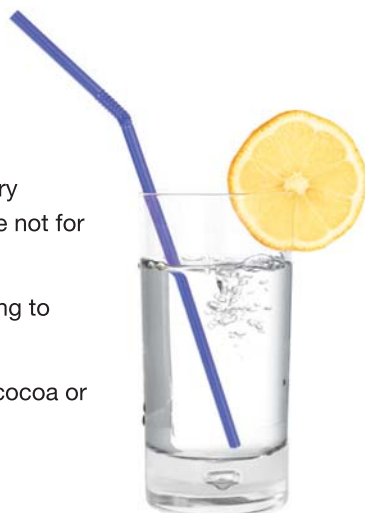
Drink 6-8 cups of fluids each day.

How much is a serving?

Kilojoule-free drinks	One drink
Tap, soda or mineral water	200-250ml
Diet or sugar-free cordials and soft drinks	200-250ml
Black, green or herbal tea and coffee (no milk or sugar)	150-200ml
Low kilojoule drinks	One drink
Black tea or coffee with trim or skim milk	150-200ml
Low sugar chocolate powder drinks made with water and a little trim milk	150-200ml
Low sugar drinks (less than 50 kilojoules per 100mls)	150-200ml

Make a change

- Count fruit juice and milk drinks as servings of fruit and milk respectively.
- Count protein shakes, flavoured milks and yoghurt or dairy smoothies as high kilojoule snack replacements. They are not for thirst quenching.
- Choose whole fruit rather than juice, especially when trying to reduce weight.
- Try other low sugar ways to flavour milk e.g. use coffee, cocoa or low sugar chocolate powder.



Alcoholic drinks

Alcoholic drinks can contribute to midriff weight gain, high blood pressure and high blood triglycerides. Alcoholic beverages are high kilojoule drinks. One standard drink has at least as many kilojoules as a glass of soft drink.

In any one week, drink no more than:

21 standard alcoholic drinks (for men)

14 standard alcoholic drinks (for women)

How much is a standard drink?

Alcoholic drinks	One standard drink	Kilojoules per standard drink
Wine	100ml ($\frac{2}{3}$ usual glassful)	350-400 (depends on % alcohol)
Spirits, gin, vodka or brandy	30ml (2 Tbsp or 1 'pub' measure)	330 (kilojoule-free mixer)
Ready to drink spirits (8% alcohol or less)	200ml (less than one bottle)	420-550 (depends on added sugar)
Regular beer	250ml (less than one bottle)	350-450 (depends on % alcohol)
Low alcohol beer	400ml	400

Is it good to have a drink or two?

Some people may benefit from a drink a day but any reduced heart risk is seen with less than an average of two drinks daily in men and less than one drink daily in women. More than this does not offer any health benefits. Even the recommended limits could be too high for people with excess body fat around their waist, high blood triglycerides, high blood pressure, problem-drinking or heart failure. Alcoholic drinks are high in kilojoules and counted as 'other foods' (see page 32).

Label check

Look at the nutrition information panels found on the back of food packages to find the nutrient content.

Products	Per 100mls look for...
Soft drinks and flavoured water	3g sugar or less or 50 kilojoules or less

Step 8: Total Fats and Oils, Sugar and Salt

Use only small amounts of total fats and oils, sugar and salt when cooking and preparing meals, snacks or drinks. Choose ready-prepared foods low in these ingredients.

Too much fat, oil or sugar - or foods rich in these ingredients - encourages weight gain because they are high in kilojoules. Foods that lack the nutrients of the heart healthy foods are known as 'other foods' in this booklet. Check the labels of both heart healthy foods and 'other foods'.

Small amounts of total fats and oils

Total fats and oils include the natural fats in foods, plus the fats or oils added when cooking or preparing foods. The total fat content of foods is listed in the nutritional information panel on food labels and refers to all types of fats and oils in that food.

Fats and oils in foods and meals increase kilojoule content, add few vital nutrients and do not add fibre. Reducing fats and oils is the first step towards cutting down kilojoules. They have two times more kilojoules per gram than other food nutrients.

How much is a small amount of total fats and oil?

You will have a small amount of fat when you:

- Have plenty of heart healthy foods prepared without adding fat or oil.
- Spread margarine thinly.
- Add only 1-2 teaspoons of oil per person when cooking meals or making dressings.

- Keep portions small when you have higher fat foods.
- Check the labels of processed foods (see following sections).

Make a change

- Shop for foods that are lower in fat – buy fresh vegetables, lean meats and fish, and low-fat cottage cheese.
- Remove white visible fat from meat and chicken skin before cooking.
- Use fat-free cooking methods – steam, microwave, bake, boil or use a non-stick pan.
- Place meat cuts on a rack. Use this method for grilling, roasting and baking.
- Scoop the fat off casseroles, stews and stocks – this is easier if the food is chilled first.
- Prepare boil-ups by trimming fat, cooking and then skimming the fat off. This is easier if cooled first.



Label check - total fats and oils

Look at the nutrition information panels found on the back of food packages to find the nutrient content.

For heart healthy food group foods

Products	Per 100g look for...
Fruits, vegetables and yoghurts	1g total fat or less
Wheat breakfast cereals, pasta, rice, cottage cheese, seafood, white fish and processed meats	3g total fat or less
Whole grains, grain breads, bran cereals, white poultry meat and venison	5g total fat or less
Oats, oat cereals, seed breads, tortillas, lean meat, dark chicken or fish, pre-prepared meat, fish or chicken, full-fat soy products and other processed vegetarian products	8g total fat or less
Grain or seed crispbreads, lite dressings and hummus	10g total fat or less

For 'other foods'

Products	Per serving look for...
Sauces, gravies and pickles	1g total fat or less
Biscuits, bars, slices, cake, muffins, scones, desserts, savoury snack foods, crackers, rice and pasta snacks and soups	3g total fat or less and 1g saturated fat or less

Small amounts of sugar

Foods low in fat and salt can be high in added sugars. Added sugars are any sugars added to foods by manufacturers, consumers or cooks. Sugars that are naturally present in heart healthy foods like unsweetened fruit and skimmed milk are not counted as 'added' sugars.

Added sugars are high kilojoule ingredients in foods that provide few vital nutrients and typically little fibre. Therefore foods rich in added sugars should be limited.

How much is a small amount of added sugar?

The recommended limit is 1-3 tablespoons a day. This includes sugar added to food or drinks and sugar in pre-prepared foods that you buy. For managing weight, diabetes and high triglyceride levels, either avoid all added sugars or limit sugars to one serving in foods. People who are lean and very active might choose the higher serving level.

How much is a high sugar serving?

The examples below are equal to 1 tablespoon of sugar

Sugar-sweetened foods	
Regular jam and brown or white sugar	1 tablespoon or 3 teaspoons
Honey, golden syrup or treacle	1 tablespoon or 3 teaspoons
All-fruit or reduced sugar jams	2 tablespoons
Diet jams	3-4 tablespoons
Fruit leathers, licorice, hard lollies or toffees	1 strip, 15-18g or 3-4 lollies
Gum lollies e.g. wine gums	25g or 10 small, 1 snake
Puffed party mix or marshmallows	25g or 6 large sweets
Ice blocks or milk ices	80-90g or 1 ice block
Sugar-free lollies*	45g or 6-7 lollies
Energy or soft drinks	125ml or ½ of the drink
Flavoured water e.g. 'Mizone®', 'h2go®'	600ml or 3 glasses
Sorbet	1 small pottle

* No sugar but kilojoules = 1 tablespoon of sugar

Sugar substitutes

Sugar substitutes sweeten foods and can replace sugars. Artificial sweeteners like aspartame (NutraSweet®), sucralose (SPLENDA®), stevia, acesulphame-k, cyclamate and saccharine do not add kilojoules to a food. Other sugar substitutes such as fructose, xylitol, sorbitol, lactitol, glycerol and maltitol do add kilojoules. Foods containing sweeteners that are high in saturated fat (like diabetic or low-carb chocolate) are not recommended.

Make a change

- Keep servings small when you do choose sugary foods.
- Have more fruit instead of sugar or sugary foods.
- Choose diet drinks, diet or lite yoghurts, canned fruit in water or juice.
- Use sugar substitutes or artificial sweeteners if you need sweetness in drinks and foods.
- Check the list of ingredients for added sugar on food labels.



Label check - sugar

Look at the nutrition information panels found on the back of food packages to find the nutrient content.

For heart healthy food group foods

Products	Per 100g look for...
Canned fruit	12g sugars or less
Low-fat yoghurts (1g total fat/100g or less)	10g sugars or less
Breakfast cereals, non-fruit (7g fibre/100g or more)	15g sugars or less
Breakfast cereals, high fruit (7g fibre/100g or more)	25g sugars or less

For 'other foods'

Products	Per package serving look for...
Low-fat biscuits, bars, muffins (3g total fat/100g or less)	15g sugars or less
Low-fat sweets - only occasionally (3g total fat/100g or less)	25g sugars or less
Low-fat desserts (3g total fat/100g or less)	15g sugars or less

Small amounts of salt

Most of the salt in food comes from processed and prepared foods and what is added to meals. Salt is measured as sodium on food labels.

Salty foods and added salt can contribute to high blood pressure. Even if your blood pressure is normal, it is important to take steps to keep it low.

How much is a small amount of salt?

The recommended limit for high salt foods or ingredients each day is either a pinch of salt or one serving of high salt seasoning in cooking, and no more than three servings of high salt foods (see the list on the following page).

- Choose plenty of fresh or frozen foods prepared without adding salt or salty seasonings.
- Add just a pinch of iodised salt if using salt when cooking.
- Avoid sprinkling salt over meals.
- Keep portions small if you choose high salt foods.
- Check the sodium content on the labels of high salt foods.



How much is a high salt serving?



High salt foods

Foods with 250mg of sodium or more per serving. Limit to 3 servings a day.	
Canned salmon	50g
Smoked salmon	30g
Other smoked fish or sardines	30g
Ham, low-fat luncheon or pastrami	30g
Corned silverside, fat removed	30g
Cheese	20-30g (2-3 cm cube)
Canned or packet soup	½ cup (1 cup = 2 servings)
Pickles, relish	1 tablespoon
Soy sauce, Marmite™ or Vegemite™	½ -1 teaspoon
Other high salt foods - check label	Amount with up to 250mg sodium per serving
A shake or pinch of salt	1/10 th teaspoon

High salt ingredients

Seasonings with 150mg of sodium or more per serving. Limit to 1 serving a day.	
Seasoning paste	1 teaspoon per person
Liquid seasoning	1 tablespoon per person
Stock cube	1/8 cube per person
Stock powder	1/6 teaspoon per person
Gravy mix	1/3 teaspoon per person
Other products - check label	Amount with up to 150mg sodium per serving

Make a change

- Avoid having a shaker or salt mill on the table.
- Avoid rock salt, sea salt, flavoured salts, seasoned salt (lemon pepper, Tuscan) kelp and brine.
- Use herbs, chilli, spices, garlic, lemon, vinegars, unsalted seasonings and highly flavoured vegetables in place of salt in recipes.
- Choose 'no-added-salt', 'unsalted' and 'low-sodium/salt' or 'reduced sodium/salt' canned foods, pre-prepared meals, soups, sauces, stocks, seasonings, crisp breads or relishes.
- Have only small portions of cured, corned, pickled, smoked, marinated and high salt canned foods.
- Learn to enjoy the fresh taste of foods without the salt.

Label check - salt and sodium

Salt is listed as 'sodium' on the nutrition information panel on food labels.

Look at the nutrition information panels found on the back of food packages to find the nutrient content.

NUTRITION INFORMATION			
SERVINGS PER PACK: 5		SERVING SIZE: 900ml	
AVERAGE QUANTITY	PER SERVE	PER 100ml	PER 100g
ENERGY	308kJ 74Cal	154kJ 37Cal	955kJ 61Cal
PROTEIN	7.5g	3.7g	3.1g
FAT - total	0.9g	0.1g	3.3g
- saturated	0.9g	0.1g	2.4g
CARBOHYDRATE	10.9g	5.1g	4.7g
- sugars	10.9g	5.1g	4.7g
SODIUM	91mg	46mg	40mg
CALCIUM	966mg*	133mg	115mg

For heart healthy food group foods

Products	Per 100g look for...
Fresh fruits, vegetables, milk products, meats, plain grains (e.g. oats, wheat, rice, barley), dried beans, nuts and seeds	120mg sodium or less
Canned vegetables	150mg sodium or less
Breads, crispbreads, breakfast cereal, spreads, canned salmon, tuna, pre-prepared meat and poultry, potato products and curd cheeses	400-450mg sodium or less
Pasta, noodle and rice packaged side dishes	350mg sodium or less

For 'other foods'

Products	Per package serving look for...
High salt foods (no more than 3 per day)	250mg sodium or less
All 'other foods' including sauces	150mg sodium or less
Main meal e.g. dinner	600mg sodium or less
Light meal e.g. lunch	400mg sodium or less

'Other foods' and ready-prepared foods low in fats, sugar and salt

'Other foods' include low-fat savoury and sweet snack foods, desserts, packaged soups and drinks. These foods are processed and lack the food value of the heart healthy group of foods.

Choose ready-prepared foods low in total fats and oils, sugar and salt.



'Other foods'

Most people can include one to two servings of 'other foods' each day. However, the healthy food snacks on page 10 are a healthier choice and have the same number of kilojoules. Each one of the servings in the table below provides 400-500 kilojoules.

Depending on your kilojoule needs, you can choose 0-5 servings of these 'other foods' each day. Check your kilojoule level on page 4.

How much is a 'serving'?	Some examples	
Alcoholic beverages (see page 25) =1.5 standard drinks	1 small beer (330ml) 1 medium glass of wine (150ml) 45ml spirits	
Sweets, sweet drinks (see page 28) =2 sugar servings	30g hard sweets 50g soft sweets	
Low-fat savoury snack foods		
Rice crackers, snacks or shapes	25g	10-15 small
Kruskitts™ or Litebread™	25g	5 biscuits
Low-fat water crackers	25-30g	5 medium or 1-2 large
Pretzels or air popped popcorn	30g	check packet
White bread roll	60g	1 salad roll
Low-fat sweet snack foods		
Fruit slice biscuits	35g	2-3 biscuits
Low-fat sweet biscuits	25g	2-3 biscuits
Low-fat fruit, fruit and cereal bars	40g	1 small bar
Reduced fat muffins	40-45g	½ small
Fruit loaf and pikelets	40-45g	1 slice, 1 small
Desserts		
Low-fat frozen desserts or frozen yoghurt	80g	½ cup
Low-fat custard or rice pudding	140g/100g	½ cup
Low-fat pudding	40-45g	½ serving
Soups and side dishes		
Soups	250ml	1 cup
Side dishes (pasta, noodles, rice)	100g	½ cup cooked

Label check - 'other foods'

For foods that count as one serving of 400-500 kilojoules of 'other foods'.

Products	Per package serving look for...
Low-fat savoury snacks, crackers, sweet biscuits, bars, desserts, pasta, noodle or rice side dishes or packaged soups	1g saturated fat or less and 400-500 kilojoules and 150mg sodium or less (up to 350mg sodium for side dishes, 600mg sodium for soups)

For foods that don't count if limited to one serving of 250 kilojoules each day.

Products	Per package serving look for...
Seasoning powders or pastes, pasta or cooking sauces, powder gravy or sauce mix, bottled sauces or low kilojoule soups	0.5g saturated fat or less and 250 kilojoules or less and 150mg sodium or less (up to 600mg sodium for soups)

How to choose ready-prepared meals

Check your kilojoule level on page 4.

Work out the kilojoules and saturated fat in the amount you will eat.



Label check - ready-prepared meals

Look at the nutrition information panels on the back of food packages to find the nutrient content.

Dinner or main meals	Per package serving look for...
Low kilojoule	1500-2000 kilojoules 3g saturated fat or less
Moderate kilojoule	2000-2500 kilojoules 4.5g saturated fat or less
High kilojoule	over 2500 kilojoules 6g saturated fat or less
For all dinner meals	600mg sodium or less, occasionally up to 900mg
Lunch or light meals	Per package serving look for...
Low kilojoule	1200-1500 kilojoules 2g saturated fat or less
Moderate kilojoule	1500-2000 kilojoules 3g saturated fat or less
High kilojoule	2000-2500 kilojoules 4g saturated fat or less
For all light meals	400mg sodium or less, occasionally up to 700mg



Examples of ready-prepared meals

Dinner or main meal	Examples
Low kilojoule	Frozen fish and sauce dinner with extra frozen vegetables or Sushi and salad
Moderate kilojoule	Roast chicken dinner and extra frozen vegetables or salad or Thai or Chinese meat and vegetable dish
High kilojoule	Frozen beef curry meal with bread and extra vegetables or Large souvlaki and salad
Lunch or light meal	Examples
Low kilojoule	Filled chicken roll plus 1 fruit or Lentil or minestrone soup and small roll
Moderate kilojoule	4 bread sandwiches with salad and lean meat filling or Small low-fat pasta or rice meal
High kilojoule	2 filled chicken rolls or Large plain beef burger from independent shop, plus 2 bananas



Step 9: Foods to Mostly Avoid

Try to avoid butter, deep-fried and fatty foods and only occasionally choose sweet bakery products.

These foods are usually high in saturated fat and contribute to higher cholesterol levels, changes in blood vessels and weight gain.

How much saturated fat can you eat?

Check your kilojoule level on page 4.

Daily kilojoule level	Low	Moderate	High
Recommended daily saturated fat level	12g	16g	21g
What heart healthy foods provide	8g	12g	16g
You have only this amount of saturated fat left each day for 'other foods' – see previous section	4g	4g	5g
Or each week	28g	28g	35g

What does 4-5 grams of saturated fat a day look like?

Examples	Food	Grams saturated fat
'Other foods': See page 32	3 gingernuts	1.5
	1 cup of 98% fat-free soup	1
	½ cup of low-fat ice cream	1
	½ cup of pasta sauce	0.5
	Total for the day	4
High saturated fat foods		
Example 1	2 cream crackers	1
	1 scoop of ice cream	3
	Total for the day	4
Example 2	½ small scone	Total for the day 5
Example 3	1 Memphis Meltdown™	Total for 3 days 15
Example 4	1 meat pie	Total for 4 days 20

To work out how much saturated fat is in a food, check the per serving column on the food label.

These foods high in saturated fat are to be mostly avoided. If most of your daily foods come from the heart healthy food groups, you can sometimes include the following foods in the limits shown below.

One of these foods in this amount, once or twice a week.

Each contains 4-8g of saturated fat.

2 crackers and thin slice cheese	40-50g packet of potato crisps	1 hash brown
1 pottle of full-fat yoghurt	2 heaped tbsp of whipped cream	1 peanut slab
40-50g packet of corn chips	2-minute noodles	½ small scone or muffin
2 scoops of ice cream	45g fudge bar	1 latte bowl with regular milk

Plus one of these foods in this amount once a fortnight.

Each contains 9-15g of saturated fat.

Butter on 4 slices of bread	Bumper Bar or Oaty Slice	2 sausages or regular meat patties
1 Magnum	½ cup of traditional cheese sauce	1 small serving of corned brisket
Buttered garlic bread	Spongy pudding and custard	Small slice of bacon and egg pie
50g lite, low-carb or regular chocolate bar	Regular pizza, thick base	6 chicken wings
1 toasted cheese sandwich	Slice of pavlova with cream	Small slice of quiche
Large piece of square/slice	1 large filled taco	Small serving of Eggs Benedict
Large croissant or scone	Small piece of battered fish	1 plain hamburger
Large slice cake	1 small sausage roll or savoury	Small slice of traditional lasagne
Medium chips or fries	2 slices of roast pork with crackling	

Plus one of these foods in this amount once a month.

Each contains 20g and over of saturated fat (grams of saturated fat per usual serving in brackets).

1 meat pie	(20)	1 serve of Nachos, cheese, sour cream	(25)
1 big cookie	(20)	Thai green curry and rice	(35)
BK Whopper® and medium fries	(22)	Large slice of cheesecake	(36)
2 pieces of KFC® Original Recipe® chicken and regular fries	(22)	Fish and scoops of chips	(43)
Big Mac® and medium fries	(23)	Butter chicken and rice	(48)

Quick Heart Healthy Meal Ideas

When you want convenience or would like to avoid cooking, there are four options you might choose from:

- Have food ready-to-go at home in the freezer, fridge and pantry.
- Nip into the supermarket and collect semi-prepared or complete meals.
- Go to a takeaway.
- Eat out.

Eating ready-prepared meals can be costly. To economise, plan shopping, pre-prepare meals and put together simple meals more often.

Some ready-prepared meals are very high in salt (sodium). Check the sodium level on labels so you don't always choose salty meals.

If you prepare most of your heart healthy meals at home, having a lower fibre, higher salt meal a couple of times a week won't upset the balance of your eating pattern.

If more of your meals are ready-prepared or eaten out, you need to have a good knowledge of the heart healthy food groups so you can make careful choices.

For more ideas on quick heart healthy meals, eating out and takeaways, check out the Heart Foundation's recipe book 'Quick Food for the Heart', other recipe books and information at www.heartfoundation.org.nz.



Make a meal-in-a-few-minutes from a quick stop at the shops. All of these heart healthy meals use three basic parts (see page 6 for more details).

	The fish, beans, meat or milk products	+	The coloured vegetables	+	The grain or starchy vegetable
Pasta and salad	Canned salmon or tuna stirred through cooked pasta and sauce	+	Jar pasta sauce and prepared salad or frozen vegetables	+	Fresh pasta or fettuccine
Hot salad and noodles	Mussels or cooked chicken (sliced) panfried in oil and lemon juice	+	Spinach and salad vegetables stirred through cooked meat	+	Thin noodles or fettuccine
Beef stir-fry	Fresh uncrumbed schnitzel-cut into strips and stir-fried with vegetables	+	Frozen stir-fry vegetables Stir-fry sauce to add	+	Basmati rice (Can buy pre-cooked rice)
Potato and salad	For stuffing potato – falafel mix or cottage cheese or poached egg	+	Canned beetroot, frozen peas and sliced red onion	+	Baked potato (Microwaved in skin)
Fish, wedges and vegetables	Frozen uncrumbed fillets – panfried in oil and herbs	+	Pre-prepared broccoli and cauliflower, fresh or canned tomatoes	+	Frozen potato wedges (Heart Foundation Tick™)
Pizza and salad	Pastrami or ham sliced into strips, sprinkled with a little grated cheese over chopped vegetables	+	Mushrooms, peppers and onions as toppings, salad for a side dish	+	Pizza base thin crust, and tomato paste spread on base
Bean wrap	Canned chilli beans and yoghurt added to salad filling	+	Pre-chopped coleslaw, tomatoes and lite dressing	+	Flat bread or tortilla
Soup and bread	Vegetable soup plus canned chickpeas or yoghurt	+	Add canned chopped Italian tomatoes to the soup	+	Whole grain toast or bread roll

An Example of a Day's Eating Pattern

The eating plan below shows how someone with a 'moderate' kilojoule intake might choose a heart healthy eating pattern. Of course, no two days are the same and more examples can be found online at www.heartfoundation.org.nz.

Food	Amount	Number of daily servings						
		Coloured vegetables	Fruit	Grains or starchy vegetables	Fish, beans, lean meat and skinned poultry	Lowest fat milk and milk products	Oils, spreads, nuts and seeds	'Other foods'
Breakfast								
Porridge with	1 cup			2				
Grated apple	1 apple		1					
Trim milk	½ cup					½		
Tea with trim milk								
Lunch								
Lite tuna sandwich with small (85g) can					½			
Whole grain bread	3-4 medium slices			3-4				
And light margarine spread	3 teaspoons						1 ½	
And salad vegetables	1-2 cups	1-2						
Lite dressing	1 tablespoon							0 - ½
Pottle of peaches	1 pottle		1					
Water	1 glass							
Afternoon snack								
Vita-Weat™	3 biscuits			1				
Cottage cheese	¼ cup					½		
Cucumber pickle	1 tablespoon							
Orange	1		1					

Dinner									
Lamb kebab with	¾ cup diced meat							1 ½	
Mushroom	2 tablespoons	1/3							
Tomato	2 tablespoons	1/3							
Salsa sauce	1/3 cup	1/3							
Brown rice	1 cup					3			
Spinach and tomato salad	1 cup of salad	1							
Lite dressing	1 tablespoon								0 - ½
Oil in cooking	1 teaspoon/per person								1
Baked onions	2 small onions	1							
Strawberries	1 cup			1					
Reduced-fat yoghurt	1 pottle						1		
Wine	150ml								1
Evening snack									
Kiwifruit	1 fruit			1					
Almonds	1 dessertspoon								1
Fruit loaf	1 slice								1
Light margarine spread	1 teaspoon								½
During the day									
Water	Drink 4 or more glasses								
Trim milk for drinks	1 cup						1		
TOTAL SERVINGS									
		4-5	5	9-10	2	3	4-5	2	2

The Heart Foundation is dedicated to reducing the risk of cardiovascular disease – heart, stroke and blood vessel disease – for all New Zealanders.

Since our formation in 1968, we have assisted people with cardiovascular disease, funded vital heart-health research, supported health professionals in their practice, developed health promotion activities, informed and educated the public - and worked with high risk groups through dedicated prevention programmes. In fact, since our inception, heart disease death rates in New Zealand have halved.

And thanks to the generosity and support of the New Zealand public, our charity is able to continue its ground-breaking work into the future. Thank you for helping us provide Kiwis with the very best heart health information and funds for cutting edge research, that we hope will help keep New Zealanders together for longer.

For more information about heart health and/or supporting the Heart Foundation, please contact:

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