

# Eating for a healthy heart





To help your heart, choose foods that have:



- ✓ Healthy fats
- ✓ Plant sterols
- ✓ Soluble fibre
- ✓ Healthy protein sources

## 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:  |
|--|--|---|
| <p><b>Monounsaturated fats</b></p> <ul style="list-style-type: none"> <li>✓ Extra virgin olive oil, peanut oil</li> <li>✓ Avocado</li> <li>✓ Almond, peanut and cashew nuts</li> </ul>    | <p><b>Each day choose 2 options:</b></p> <ul style="list-style-type: none"> <li>• 1 tablespoon of extra virgin olive oil</li> <li>• ¼ avocado</li> <li>• 30 grams of unsalted nuts</li> <li>• 1 tablespoon of nut butter.</li> </ul>   | <ul style="list-style-type: none"> <li>• Use extra virgin olive oil in cooking and dressings</li> <li>• Spread avocado on wholegrain crackers</li> <li>• Enjoy nut butter on wholegrain bread.</li> </ul>                          |
| <p><b>Polyunsaturated fats</b></p> <ul style="list-style-type: none"> <li>✓ Oily fish and seafood such as salmon, sardines, tuna and mussels</li> <li>✓ Sunflower, canola oil</li> <li>✓ Walnuts, brazil nuts, pine nuts</li> <li>✓ Chia, flaxseed, sunflower seeds</li> <li>✓ Tahini</li> <li>✓ Soybeans</li> </ul>  | <p><b>Each week choose:</b></p> <ul style="list-style-type: none"> <li>• 3 serves of oily fish or seafood</li> <li>• 1 serve is 150–200 grams</li> </ul> <p><b>Each day choose 1 option:</b></p> <ul style="list-style-type: none"> <li>• 30 grams of unsalted nuts</li> <li>• 1 tablespoon of seeds</li> <li>• 1 tablespoon of tahini</li> <li>• 1 tablespoon of oil spread.</li> </ul> | <ul style="list-style-type: none"> <li>• Choose a mix of nuts and seeds as a snack</li> <li>• Mix tahini and lemon juice together to make a dressing</li> <li>• Replace ham with canned salmon in a sandwich or salad.</li> </ul>  |

## 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. Speak with your health care professional if this is appropriate before commencing on supplements.



## 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. Examples include:



### Milk:

Dairy Farmers Heart Active, Australia's Own Lowers Cholesterol



### Breakfast cereal/oats:

Carmen's Cholesterol Lowering Oats, Weet-bix Cholesterol Lowering



### Margarine:

Tablelands Health Smart, Woolworths Cholesterol Lowering, Nuttex Pulse Buttery, Flora ProActive, Logicol Original



### 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.



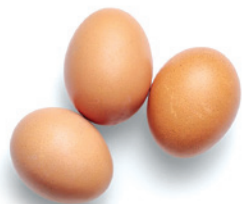
## Healthy protein sources

Include a variety of protein throughout the week. Fish and seafood are a good source of omega-3 and legumes, nuts and seeds are good sources of plant protein, dietary fibre and healthy fats.

- ✓ Choose mostly fish, tofu, seafood, legumes such as chickpeas, lentils, black beans



- ✓ Small amounts of eggs, lean poultry and lean pork







- ✓ If you eat red meat, choose lean and limit to 1-2 times/week (max 350g per week)



- ✗ Limit processed meat such as sausages, bacon, ham and other deli meats



### Meal planning with healthy fats and fibre

| Breakfast   | Lunch   | Dinner   | Snack   |
|---|---|--|---|
|  |  |  |  |
| Rolled oats, chia seeds, reduced fat milk and berries.                            | Lentil and sweet potato salad and almonds.  | Grilled salmon with vegetables, quinoa and an olive oil, yoghurt dressing.         | Apple and celery with 1 tablespoon of nut butter.                                   |

#### 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.