**Have a heart healthy day**

For heart health information, please contact us 13 11 12 heartfoundation.org.au

Healthy eating for your heart includes:

- Plenty of fruit, vegetables and whole grains
- Variety of healthy protein sources including fish and seafood, lean meat and poultry, legumes, nuts and seeds
- Reduced fat dairy such as unflavoured milk and yoghurt, and cheese
- Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking
- Herbs and spices to flavour foods instead of adding salt
- Remember: water is always the preferred beverage of choice
- Limit your alcohol intake.

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Have a heart healthy day

**BREAKFAST**

- Have reduced fat unflavoured milk and yoghurt, and cheese
- Add fruits like apples, banana or berries to your breakfast bowl
- Swap the butter on toast for margarine made from healthy oils, avocado or reduced fat cream cheese and add tomatoes. Don’t forget to choose wholegrain bread
- Add spinach, mushroom or tomatoes to eggs
- Sprinkle nuts and/or seeds over your breakfast
- Aim for 3 different coloured vegetables as part of your dinner
- Add veggies and legumes (beans/lentils) to your pasta dishes and casseroles
- Add grated vegetables to sauces – this will help you reach your 5 a day and is also a great alternative to help kids eat more veggies
- Ensure you use lean meat and cut off visible fat from meat and poultry (including skin) before cooking
- Variety is the key for healthy eating, and this goes for meat too. Aim to eat fish or seafood 2-3 times a week

**LUNCH**

- Ensure your sandwich is full of crunchy vegetables. Some options to choose from include green leaves, tomatoes, carrots, avocado or cucumber. Don’t forget to choose wholegrain bread
- Have extra veggies as a side salad
- Soups are a great way to add to your vegetable intake during winter
- Enjoy a piece of fruit
- Try adding fresh or frozen fruit to reduced fat natural yoghurt
- A handful of nuts
- Create healthy dips with mashed up beetroot, avocado and reduced fat yoghurt. Enjoy them with carrot, cucumber, capsicum or celery sticks

**DINNER**

- Have reduced fat unflavoured milk and yoghurt, and cheese
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**SNACKS**

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