



# A guide to heart healthy eating

for people at risk of heart disease





# Heart healthy eating

This booklet is an eating guide for people at risk of 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 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, dietitian 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](http://www.heartfoundation.org.nz).

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# Eating for a healthy heart

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

By the end of this booklet you will:

- Know how to eat to improve your heart health
- Know the amounts of heart healthy foods you need to eat
- Be able to set personal goals to improve the way you eat.

## 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 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.

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, and less of those that increase risk.



### Foods that reduce risk

- Fruits and coloured vegetables
- Whole grain breads and cereals
- Soy, dried peas and beans
- Fish, especially oily fish
- Oils and soft margarine spreads
- Unsalted nuts and seeds
- Low-fat milk products

### Foods that 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, cheese and too many eggs
- Chips and high fat crackers
- Hardened vegetable fats used in bakery products like chocolate and yoghurt coatings
- Salty foods

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

## Nine steps for heart healthy eating

- 1 Enjoy three meals a day, select from dishes that include plant foods and fish, and avoid 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.

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 healthy eating, 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.

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. The table below will help you work this out.

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"/> I tend to gain weight	<input type="radio"/> I am overweight or normal weight	<input type="radio"/> I am lean
<input type="radio"/> I am 65 years old or older	<input type="radio"/> I am 45–64 years old	<input type="radio"/> I am 44 years old or younger
<input type="radio"/> I have a sedentary job and physically unfit	<input type="radio"/> I have a sedentary job but am active	<input type="radio"/> I am very active
<input type="radio"/> I am up to 158cm tall	<input type="radio"/> I am 159–175cm tall	<input type="radio"/> I am 176cm or taller
<input type="radio"/> I am female	<input type="radio"/> I am male <input type="radio"/> I am female	<input type="radio"/> I am 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 further on in this booklet.

Heart healthy food groups	Low (6300kJ) servings	Moderate (8400kJ) servings	High (10500+kJ) servings	My serves
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 milk, or low-fat milk products or soy products	2–3	3	3–4	
Oils, margarine spreads, nuts, seeds and avocado	3	4–6	6+	
'Other foods'* (see page 10 and page 32)	0–3	2–4	3–5	

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

3. So, now you know what your kilojoule needs are and how many servings from each food group you can eat each day. Next you can start making changes to what you eat. Use the 'plan for change' on the next pages to help you.



## Making a plan for change

Knowing what your kilojoule needs are and how many servings from each food group you can eat each day is a great start. Planning to make changes is the next step. There are lots of changes suggested in this booklet. Ask your nurse or doctor to help you with planning your changes.

Remember it's never too late to make changes to help you look after your heart, improve your health and get the most out of life.

### Tips for making changes

Making changes is hard for most people. Here are some tips to help make it easier:

- Work out one thing you would like to change – this will be **your** goal.
- Take small steps to achieve your goal – start with steps you can do easily.
- Once you get used to these changes, do something else.
- Get support – ask your family and friends to help you.
- Make a plan – your nurse or doctor can help you to make your 'plan for change' on the next page.

### My plan for change

#### 1. What do you want to change first?

I've decided that I want to:

This is my goal!



#### What small steps will you take to achieve this goal?

<p><b>Week 1</b></p> <p>Start with one thing that you can do easily.</p> <p>How sure are you that you can do this?</p> <p>Imagine a scale of 1–10, where 1 is not sure and 10 is very sure.</p> <p><b>1 2 3 4 5 6 7 8 9 10</b></p> <p>If it is less than 7 then think what it would take to increase your confidence, or think about starting with a smaller step.</p>		<p>This week I will:</p>
<p><b>Week 2</b></p> <p>How did it go in week 1? Was it easy to do? Do you need more time on this step?</p>		<p>This week I will:</p>
<p><b>Week 3</b></p> <p>How did it go in week 2? Are you ready to do something more?</p>		<p>This week I will:</p>
<p><b>Week 4</b></p> <p>How did it go in week 3? Are you going to add something new this week?</p>		<p>This week I will:</p>

#### 2. Is there anybody who can help you to achieve your goal?

For example, your family may want to make changes with you.

#### 3. What other support would help you achieve your goal?

For example, community support groups, dietitian.

#### 4. What might get in the way of you achieving your goal?

#### 5. How will you overcome these?

If you would like more copies of this planning sheet visit [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)



## Step 1: Enjoy three meals each day

Select 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; whole grains and starchy vegetables; fish, dried peas, beans or soybeans, lean meat or skinned poultry; low-fat milk or milk products; soy 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. Coloured vegetables and/or fruit.
2. Grains and starchy vegetables – these include whole grain breads or cereals, rice, pasta, potato, taro, kumara, corn or cassava.
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. Flavourings – herbs, spices, sauces, relishes, jams, other spreads or lite dressings.



Here are some examples of what you could eat for breakfast, lunch and dinner.

Heart healthy food group	Breakfast	Lunch	Dinner
<b>Fruit or vegetables</b>	1. Grated apple or sliced banana or 2. Sliced tomato (on toast)	Salad filling, side salad or chunky vegetable soup and fruit or fruit salad	Large stir-fry vegetables or salad; canned tomatoes (optional)
<b>Grains or starchy vegetables</b>	1. Porridge, natural muesli or wheat biscuits or 2. Whole grain toast	Grainy bread or wholemeal pita bread	Brown rice, pasta or dried/fresh noodles
<b>Fish, beans, lean meat, skinned poultry or a low-fat milk product</b>	1. Low-fat milk, yoghurt or 2. Baked beans (on toast)	Chicken, canned fish or hummus	Stir-fry lean meat, skinless chicken, seafood or tofu
<b>Optional extras</b>	Nuts or seeds in cereal, margarine spread on bread with thin spread of honey, jam peanut butter, Vegemite™ or Marmite™.	Margarine spread, vinaigrette, mustard or nuts and seeds	Curry, chilli, or stir-fry sauce; oil for cooking or lite dressing
<b>Drinks</b>	Water, coffee or tea	Water, coffee or tea	Water, coffee or tea



## What is a snack?

Fruit is the best choice for a small snack but if you need a more substantial snack, whole grain 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 a pottle of yoghurt. If you would like a snack without the kilojoules, try carrot or celery sticks and salad vegetables.

Alternative snacks of ‘other foods’ are listed on page 32.

## How much is a snack 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 fruit and 6 walnut halves

1 fruit and 2 Ryvita™ with cottage cheese and sliced tomato

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 low-fat yoghurt



### 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

½ a chicken and lettuce sandwich

½ a wholemeal salad roll and Vegemite™

1 whole grain muffin split

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

<sup>2</sup>/<sub>3</sub> 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, valuable nutrients and dietary fibre.

Choose a variety of coloured vegetables each day.

**Aim to eat at least eight 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)

Potatoes, kumara, corn, yams, cassava/tapioca, green banana 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.

#### 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

What does eight servings of fruit and vegetables a day look like?

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

### 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

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

#### Change cooking styles

- For variety try steaming, stir frying, baking, grilling or microwaving.





## 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 meal and snack times.

Whole grain breads, cereals and starchy vegetables 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.

**Aim to eat at least six servings of grains and starchy vegetables each day.**

Check your kilojoule level on page 4 for the number of serves you need.

Most people need 8–10 serves. Choose a variety of grain products (at least half of these should be whole grain products).

### 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
Pasta or noodles, cooked	½ cup
Rice, cooked	⅓ cup or 2 sushi

#### Starchy vegetables

Potato	1 small potato, egg sized (75g)
Yams	3 small yams or ⅓ cup
Parsnip, kumara, corn, taro	½ cup (70g–100g)

\*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 six servings of grains and starchy vegetables a day look like?

		Servings
<b>Breakfast</b>	⅔ cup of natural muesli	2
<b>Lunch</b>	2–4 slices of whole grain bread	2–4
<b>Dinner</b>	2 servings of potato, kumara, rice or pasta	2
<b>Snacks (optional)</b>	4 Vita-Weat™ crispbreads	(1)
	1 slice of whole grain bread	(1)
<b>Total servings for the day</b>		<b>6–10</b>

### Make a change

#### Shop smart

- Choose whole grain or high fibre 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.



#### Try something different

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

### 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...
Whole grain high-fibre breads	5g fibre or more
Whole grain crispbreads	7g fibre or more
Whole grain breakfast cereals	7g fibre or more
Whole grain non-fruit cereals	15g sugar or less
Whole grain high fruit cereals	25g sugar or less
Whole grain wheat cereals	3g total fat or less
Whole grain bran cereals	5g total fat or less
Whole grain 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 protect the heart and blood vessels because of the type of fat and nutrients they contain. Fat on meat and 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

Fish fillets	2 small fillets, raw (150g oily, 200g white)
Mussels, prawns or other seafood	1 cup
Sardines	4 sardines (½ can) (50g)
Canned tuna, lite or in water (3.0g total fat/100g)	150g
Canned lite salmon (10g total fat/100g or less)	85–95g

#### Dried peas, beans and soy products

Cooked dried beans	1 cup
Cooked soy beans	½ cup
Tofu or tempeh	½ cup (150g)
Soy milk	1 cup (250ml)
Soy yoghurt	1 cup (150g)



#### Lean meat and skinned poultry

Cooked lean meat	2 slices (100–120g)
Lean mince or casserole	½ 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 is 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 2–3 servings of fish each week, especially oily fish.
- Dry bake or grill fish with a sprinkle of pepper and herbs.

#### 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 stews, soups or boil-ups. Try adding extra amounts of vegetables, grains or cooked dried beans and reduce the quantity of meat used.
- Cook and drain the fat off 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	8g total fat or less
Fresh and frozen lean meat and chicken	8g total fat or less
Canned tuna	3g total fat or less
Canned salmon	10g total fat or less
Crumbed/pre-prepared fish and chicken*	8g total fat or less 400mg sodium or less
Processed meats e.g. 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 (trim) 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 should be limited. Low-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 milk or soy milk (green or yellow caps)	1 cup (250ml)
Skim milk powder	3 tablespoons
Light evaporated milk	1/3 cup (80ml)
Low-fat yoghurt (1g total fat/100g or less)	2/3 cup, 1 small pottle (150g)
Lite cottage cheese (3g total fat/100g or less)	1/2 cup (125g)
Quark, ricotta or extra-lite 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 the milk you use to one with 0.5g fat/100g or less (usually green or yellow cap).

### Eat less cheese

- Have cottage cheese in sandwiches.
- 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 low-fat yoghurt with fresh fruit.
- Choose fewer milk products that have added sugars.

### Watch toppings and drinks

- Keep cream, lite cream, sour cream, lite sour cream, cream cheese, lite cream cheese and crème fraîche for special occasions only.
- Substitute full-fat café coffee drinks, 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 or calcium enriched	0.5g total fat or less
Yoghurt	1g total fat or less
Cottage cheese	3g total fat or less
Ricotta, quark or extra-lite 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 amongst the heart healthy group of foods. Fats found naturally in food 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 (no added salt)	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 fish, you may benefit from taking fish oil supplements (omega-3).
- 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 oil
Flaxseed oil	Pumpkin seeds	Sunflower or sunflower/canola margarine spreads	Sunflower seeds
Fish oil capsules	Safflower oil		Walnuts
Grapeseed oil	Sesame oil		Wheatgerm
Linseeds	Sesame seeds		Wheatgerm oil

### 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

### Mostly avoid these foods, which are rich in saturated fats

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

## 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. Try to avoid high kilojoule drinks as they can contribute to weight gain.

**Drink 6–8 cups of fluids each day.** Water (tap, soda water or mineral water) is the best choice. Tea or coffee with low-fat milk, low sugar cocoa drinks or other low sugar drinks can provide variety.



## Make a change

- Choose whole fruit rather than juice, especially when trying to reduce weight.
- Count milk drinks as a serving of milk. 100% fruit juice can count as one serving of fruit per day.
- Protein shakes, flavoured milks and yoghurt or dairy smoothies are high kilojoule snack replacements. They are not for thirst quenching.

## Alcoholic drinks

Alcoholic drinks can contribute to weight gain, high blood pressure and high triglycerides. They contain a lot of kilojoules and no useful nutrients. One standard drink has at least as many kilojoules as a glass of soft drink, with 400–500kJ on average.

**In any one day, drink no more than:**

2–3 standard alcoholic drinks (for men)	1–2 standard alcoholic drinks (for women)
---	---

Try having a few alcohol-free days each week and don't binge drink.

## How much is a standard drink?

A standard drink is the amount (volume) of an alcoholic drink that contains 10grams of alcohol.

Alcoholic drinks	One standard drink
Wine	100ml (sherry glass size)
Spirits, gin, vodka or brandy	30ml (2 Tbsp or 1 'pub' measure)
Ready to drink spirits (8% alcohol or less)	200ml (less than one bottle)
Regular beer (5% alcohol) (4% alcohol)	250ml (less than one bottle) 330ml (one bottle)
Light beer	500ml (1 ½ bottles)
Lower carb beer	330ml (1 bottle)
Low alcohol beer (1% alcohol)	3 bottles+ (e.g. Mac's Light)

## Is it good to have a drink or two?

It is not recommended to start drinking for the sake of your heart. If you choose to drink, safe drinking guidelines recommend no more than 2–3 standard drinks a day for men and 1–2 standard drinks for women. However, these 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 counted as 'other foods' (see page 32).

## Label check

Look at the nutrition information panels found on the back of food packages.

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.

Your body needs some healthy fats (page 22), but too much fat, oil or sugar – or foods rich in these ingredients – encourages weight gain because they are high in kilojoules. Check the labels of both heart healthy foods and 'other foods'.

### Small amounts of total fats and oils

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 have two times more kilojoules per gram than other food nutrients. Reducing fats and oils is the first step towards cutting down kilojoules to help loose weight.

### How much is a small amount of total fats and oils?

To make sure you only use a small amount of fat you should:

- 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 if you have higher fat foods or ingredients.
- 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 visible white fat from meat and chicken skin before cooking.
- Use fat-free cooking methods – steam, microwave, bake, boil or use a non-stick pan.
- Cook meat cuts on a rack when 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.



### 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...
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 or fish or chicken, soy products and other processed vegetarian products	8g total fat or less
Whole 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, 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 in kilojoules and provide few vital nutrients and typically little fibre. 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 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
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, which may help to reduce your kilojoule intake.

## Make a change

- Keep servings small when you do choose sugary foods.
- Have more fruit instead of sugar or sugary foods.
- Choose diet drinks, low-fat yoghurts, canned fruit in water or juice.
- 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 listed 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 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) (made up amount)
Pickles, relish	1 tablespoon
Soy sauce, Marmite™ or Vegemite™	½ –1 teaspoon
A shake or pinch of salt	1/10 <sup>th</sup> teaspoon

### High salt seasonings

**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	⅛ cube per person
Stock powder	⅙ teaspoon per person
Gravy mix	⅓ teaspoon per person

## Make a change

- Use herbs, chilli, spices, garlic, lemon, vinegars, unsalted seasonings and highly flavoured vegetables in place of salt in recipes.
- 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 which are all high in sodium.
- Choose 'no-added-salt', 'unsalted' and 'low-sodium/salt' or 'reduced sodium/salt' canned foods, pre-prepared meals, soups, sauces, stocks, seasonings, whole grain 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.
- Prepare plenty of fresh or frozen foods 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.

## Label check – salt and sodium

Salt is listed as 'sodium' on the nutrition information panel on food labels. Multiply sodium by 2.5 to find the equivalent amount of salt.

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

SERVINGS PER PACK: 5    SERVING SIZE: 200mL		
AVERAGE		
QUANTITY	PER SERVE	PER 100mL
ENERGY	308kJ	154kJ
	74Cal	37Cal
PROTEIN	7.5g	3.7g
FAT – total	0.2g	0.1g
– saturated	0.2g	0.1g
CARBOHYDRATE	10.2g	5.1g
– sugar	10.2g	5.1g
SODIUM	91mg	46mg

### 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
Whole grain 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	250mg sodium or less
All 'other foods' including sauces and seasonings	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

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



### '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

Product	Weight	Quantity
Rice crackers, snacks or shapes	25g	10–15 small
Cruskits™ 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

Product	Weight	Quantity
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

Dessert	Weight	Quantity
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

Food	Weight	Quantity
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 <b>or</b> Sushi and salad
Moderate kilojoule	Roast chicken dinner (skin removed) and extra frozen vegetables or salad <b>or</b> Thai or Chinese meat and vegetable dish
High kilojoule	Frozen beef curry meal with bread and extra vegetables <b>or</b> Large souvlaki and salad

  

Lunch or light meal	Examples
Low kilojoule	Filled chicken roll plus 1 fruit <b>or</b> Lentil or minestrone soup and small roll
Moderate kilojoule	Whole grain sandwich with salad and lean meat filling and a pottle of yoghurt plus fruit <b>or</b> Small low-fat pasta or rice meal
High kilojoule	2 filled chicken rolls <b>or</b> 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.

AVERAGE QUANTITY	PER SERVE	PER 100mL
ENERGY	308kJ 74Cal	154kJ 37Cal
PROTEIN	7.5g	3.7g
FAT – total	0.2g	0.1g
– saturated	0.2g	0.1g
CARBOHYDRATE	10.2g	5.1g
– sugar	10.2g	5.1g

### 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
<b>'Other foods':</b> <b>See page 32</b>	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
	<b>Total for the day</b>	<b>4</b>

#### High saturated fat foods

<b>Example 1</b>	2 cream crackers 1 scoop of ice cream	<b>Total for the day</b>	1 3 <b>4</b>
<b>Example 2</b>	½ small scone	<b>Total for the day</b>	<b>5</b>
<b>Example 3</b>	1 Memphis Meltdown™	<b>Total for 3 days</b>	<b>15</b>
<b>Example 4</b>	1 meat pie	<b>Total for 4 days</b>	<b>20</b>

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



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 amounts 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	2-minute noodles
1 pottle full-fat yoghurt	45g fudge bar
2 scoops ice cream	1 hash brown
40–50g packet of potato or corn chips	1 peanut slab
2 heaped Tbsp of whipped cream	½ small scone or muffin
	1 latte bowl with regular milk

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

Each contains 9–15g of saturated fat.

1 Magnum (ice cream)	Slice of pavlova with cream
50g lite, low-carb or regular chocolate bar	1 large filled taco
1 toasted cheese sandwich	Small piece of battered fish
Large piece of square/slice	1 small sausage roll or savoury
Large croissant or scone	2 slices of roast pork with crackling
Large slice cake	2 sausages or regular meat patties
Medium chips or fries	1 small serving of corned brisket
Large muffin or cookie	Small slice of bacon and egg pie
1 cup of macaroni cheese	6 chicken wings
Bumper Bar or Oaty Slice	Small slice of quiche
½ cup of traditional cheese sauce	Small serving of Eggs Benedict
Spongy pudding and custard	1 plain hamburger
3–4 slices of regular pizza, thick base	Small slice of traditional lasagne

**Plus one of these foods once a month**

Each contains 20g and over of saturated fat.

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



## Quick heart healthy meal ideas

Preparing a meal at home can be quicker than getting takeaways. When you want convenience, have food ready-to-go at home in the freezer, fridge and pantry, or nip into the supermarket and collect semi-prepared or complete meals.

Eating ready-prepared meals can be costly. To economise, plan your 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](http://www.heartfoundation.org.nz).

**Make a meal in a few minutes from a quick stop at the supermarket. All of the following heart healthy meals use three basic parts (see page 8 for more details).**



	The fish, beans, meat or milk products	+	The coloured vegetables	+	The grain or starchy vegetable
<b>Pasta and salad</b>	Canned salmon or tuna stirred through cooked pasta and sauce	+	Jar pasta sauce and prepared salad or frozen vegetables	+	Fresh pasta or fettuccine
<b>Hot salad and noodles</b>	Mussels or cooked chicken (sliced) panfried in oil and lemon juice	+	Baby spinach and salad vegetables stirred through cooked meat	+	Thin noodles or fettuccine
<b>Beef stir-fry</b>	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)
<b>Potato and salad</b>	For stuffing potato – falafel mix or cottage cheese or poached egg	+	Canned beetroot, frozen peas and sliced red onion	+	Baked potato (microwaved in skin)
<b>Fish, wedges and vegetables</b>	Frozen uncrumbed fillets – panfried in oil and herbs	+	Pre-prepared broccoli and cauliflower, fresh or canned tomatoes	+	Frozen potato wedges (Heart Foundation Tick)
<b>Pizza and salad</b>	Pastrami or ham sliced into strips, sprinkled with a little grated cheese over chopped vegetables	+	Mushrooms, capsicums and onions as toppings, salad for a side dish	+	Pizza base thin crust, and tomato paste spread on base
<b>Bean wrap</b>	Canned chilli beans and yoghurt added to salad filling	+	Pre-chopped coleslaw, tomatoes and lite dressing	+	Wholemeal flat bread or tortilla
<b>Soup and bread</b>	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](http://www.heartfoundation.org.nz). **There is a blank eating plan on page 44 so you can record your own.**

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'
<b>BREAKFAST</b>								
Porridge with	1 cup			2				
Grated apple	1 apple		1					
Trim milk	½ cup					½		
Tea with trim milk								
<b>MORNING TEA</b>								
Kiwifruit	1 fruit		1					
Almonds	1 dessertspoon						1	
<b>LUNCH</b>								
Lite tuna sandwich with	small (85g) can				½			
Whole grain bread	3–4 medium slices			3–4				
And light margarine spread	3 teaspoons						1½	
And salad vegetables	1–2 cups	1–2						
Lite dressing	1 tablespoon							
Pottle of peaches	1 pottle		1					0 – ½
Water	1 glass							
<b>AFTERNOON SNACK</b>								
Vita-Weat™	3 biscuits			1				
Cottage cheese	¼ cup					½		
Cucumber pickle	1 tablespoon							
Orange	1		1					
<b>DINNER</b>								
Lamb kebab with	¾ cup diced lean meat				1½			
Mushroom	2 tablespoons	⅓						
Tomato	2 tablespoons	⅓						
Salsa sauce	⅓ cup	⅓						
Brown rice	1 cup			3				
Spinach and tomato salad	1 cup of salad	1					0 – ½	
Lite dressing	1 tablespoon						1	
Oil in cooking	1 teaspoon/per person							
Baked onions	2 small onions	1						
Strawberries	1 cup		1					
Reduced-fat yoghurt	1 pottle					1		
Wine	150ml							1
<b>EVENING SNACK</b>								
Fruit loaf	1 slice							1
Light margarine spread	1 teaspoon						½	
<b>DURING THE DAY</b>								
Water	Drink 4 or more glasses							
Trim milk for drinks	1 cup					1		
<b>TOTAL SERVINGS</b>		<b>4–5</b>	<b>5</b>	<b>9–10</b>	<b>2</b>	<b>3</b>	<b>4–5</b>	<b>2</b>



# My day's eating pattern

The eating plan below is designed to help you monitor your heart healthy eating pattern. Of course, no two days are the same and more plans can be found online at [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz). Record your own for a day and evaluate yourself!

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'
<b>BREAKFAST</b>								
<b>MORNING TEA</b>								
<b>LUNCH</b>								
<b>AFTERNOON SNACK</b>								
<b>DINNER</b>								
<b>EVENING SNACK</b>								
<b>DURING THE DAY</b>								
		<b>TOTAL SERVINGS</b>						



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Thank you for your support.

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Revised and printed July 2013

ISBN 978-1-8-77571-75-6 (print) ISBN 978-1-8-77571-76-3 (pdf)

The Heart Foundation of New Zealand is a registered charity (CC23052) under the Charities Act 2005.