



**Heart  
Foundation**



**A guide to heart healthy eating**  
for people at risk of heart disease

## Introduction

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).

### **Want to be informed and connected?**

- Join our Heart Health feedback group and help us to develop resources that meet the needs of you, your whānau and your community.  
Email: [Feedbackgroup@heartfoundation.org.nz](mailto:Feedbackgroup@heartfoundation.org.nz)
- Register for our Lifetime heart health newsletter for the latest heart health research, news and events in your region. Email: [CardiacCommunity@heartfoundation.org.nz](mailto:CardiacCommunity@heartfoundation.org.nz)

# Contents

●	Eating for a healthy heart	2
●	Making a plan for change	4
●	A heart healthy lifestyle and a healthy weight	6
●	<b>Step 1:</b> Enjoy three meals each day	10
●	<b>Step 2:</b> Coloured vegetables and fruit	12
●	<b>Step 3:</b> Breads, cereals, grains and starchy vegetables	14
●	<b>Step 4:</b> Fish, meat, chicken, legumes, eggs	16
●	<b>Step 5:</b> Low-fat milk, yoghurt and cheese	18
●	<b>Step 6:</b> Nuts, seeds, avocado, oil or margarine spreads	20
●	<b>Step 7:</b> Drinks	23
●	<b>Step 8:</b> Purchasing and cooking foods low in sugar, salt and saturated fat	25
●	<b>Step 9:</b> Mostly avoid butter, deep-fried and fatty foods	33
●	Quick takeaway meal alternatives	36



# 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

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- Fruits and coloured vegetables
- Whole grain breads and cereals
- Soy, dried peas and beans (legumes)
- Fish, especially oily fish
- Liquid plant oils
- Unsalted nuts and seeds
- Low-fat milk products

### Foods that increase risk

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- Butter, cream and sour cream
- Meat fat and fatty or processed meat
- Deep fried foods, pies and pastries
- Biscuits, cakes, sweets, white bread and sweet bakery items
- Ice cream and high fat cheese
- Chips, high fat crackers and processed snack foods
- Hardened vegetable fats used in bakery products like chocolate and yoghurt coatings
- Salty foods
- Sugary drinks

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, high-fibre breakfast cereals in place of white bread and low-fibre varieties at most meals.
- 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 nuts, seeds, avocado, oils or margarine instead of animal and coconut fats.
- 7 Drink plenty of fluids each day, particularly water, and limit sugar-sweetened drinks and alcohol.
- 8 Use only small amounts of sugar or salt when cooking and preparing meals, snacks or drinks (if any). Choose ready-prepared foods low in saturated fat, sugar and sodium.
- 9 Mostly avoid or rarely include butter, deep-fried and fatty foods; and only occasionally choose sweet bakery products or pastries.

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

# Making a plan for change

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

Most people find it hard to make changes. 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 this change, set yourself a new goal
- 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'.

## My plan for change

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

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

**I've decided that I want to:**

**This is my 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?**

# 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 choose healthy foods and eat fewer kilojoules or calories – the energy found in food. Eating more kilojoules than your body needs can lead to weight gain.

If you mostly eat foods from the heart healthy food groups, 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 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 (6500kJ)	Moderate (8500kJ)	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.

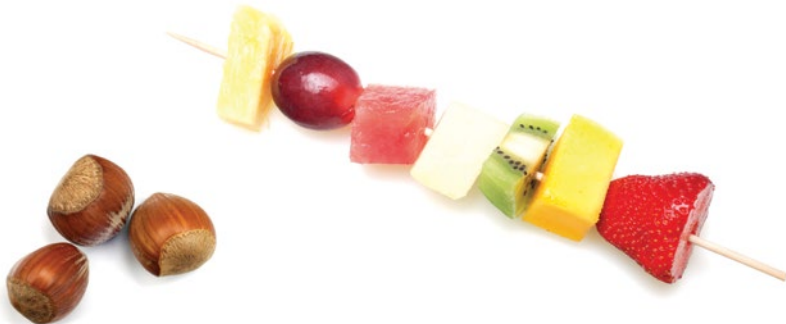


2. Now that you know what your kilojoule needs are, use the table below to find out how many servings from each food group you can eat each day. Information on serving sizes is included further on in this booklet.

Heart healthy food groups	Number of servings (low kJ needs)	Number of servings (moderate kJ needs)	Number of servings (high kJ needs)	My serves
Coloured vegetables	5+	4+	4+	
Fruits	3	3	4	
Grains and starchy vegetables	6	6	8–10	
Fish and seafood, legumes, lean meat or skinned poultry	1½	2	2–3	
Trim milk, or low-fat milk products or soy milk products	2–3	2–3	3	
Nuts, seeds, avocado, oils or margarine spreads	6	6–8	8–10	
'Other foods'*	0–2	0–3	0–4	

\*There are 'other foods' we eat that don't belong in the heart healthy food groups.

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.



## An example of a day's eating pattern

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

Heart healthy food group	Breakfast (number of serves)	Lunch	Dinner	Snack	Total (see your serves from page 7)
<b>Vegetables and/or fruit</b>	½ sliced banana (1)	Piece of fruit (1) Coleslaw (1)	Stir fry vegetables (3)	Piece of fruit (1)	Fruit 3 Veges 4
<b>Breads, cereals, grains, starchy vegetables</b>	1 cup porridge, 2/3 cup natural muesli or 3 wheat biscuits (2)	Grainy bread (2)	Brown rice or quinoa (2)		6
<b>Fish, meat, chicken, legumes, eggs</b>		Canned fish (1)	Stir fry lean meat, skinless chicken, seafood or tofu (1)		2
<b>Milk, yoghurt, cheese</b>	Milk and spoonful yoghurt (1)			Pottle yoghurt (1)	2
<b>Healthy oils, nuts</b>	Sprinkle nuts or seeds (1)	Margarine spread (2) Salad dressing (1)	Oil for cooking (2)	Handful nuts (2)	8
<b>Other/ optional</b>			Herbs, spices, garlic		
<b>MY PLAN</b>					

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

Heart healthy food group	Breakfast (number of serves)	Lunch	Dinner	Snack	Total
<b>Vegetables and/or fruit</b>	Piece of fruit (1)	Salad filling in pita (1) Piece of fruit (1)	Large salad (3)	Piece of fruit (1)	Fruit 3 Veges 4
<b>Breads, cereals, grains, starchy vegetables</b>	2 slices grainy toast (2)	Wholemeal pita bread (2)	Small kumara or corn on the cob (2)		6
<b>Fish, meat, chicken, legumes, eggs</b>	Baked beans (1)	Shredded chicken, canned fish or hummus (1)	Baked/ grilled meat, skinless chicken, fish or tofu (1)		3
<b>Milk, yoghurt, cheese</b>			Diced reduced fat cheese on salad (1)	Pottle yoghurt (1)	2
<b>Healthy oils, nuts</b>	Margarine spread (2)	Mashed avocado (2)	Vinaigrette (2)	Handful nuts (2)	8
<b>Other/ optional</b>			Herbs, spices		
<b>MY PLAN</b>					

# 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. 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; liquid plant oils, nuts, seeds, avocado or margarine spreads.

## What makes a meal?

**A meal has four basic parts.**

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

1. Coloured vegetables and/or fruit
2. Grains or starchy vegetables – these include whole grain breads or cereals, brown rice, pasta, potato, taro, kumara, corn, cassava or green banana
3. Fish and seafood, dried peas, beans or soy products, lean meat or skinned poultry or low fat milk products
4. Nuts, seeds, avocado, oil, oil vinaigrette, margarine spread, hummus or pesto

Flavourings are optional – herbs, spices, sauces, relishes, jams, other spreads or lite dressings.



## What is a snack?

Snacks are optional. Many people don't need to snack or only need a small snack. Lean, active people might need up to five or six snacks in a day.

If you do eat a snack, fruit is the best choice. For a more substantial snack, yoghurt, nuts or any of the suggestions below are good options. Carrot or celery snacks or salad veges are low kilojoule choices.

Snacks count toward your suggested number of serves on page 7.

## Snack suggestions

### **Fruit and vegetables (count as 1 of your fruit or vegetable serves on page 7)**

- 1 piece of fruit
- 1 cup fruit salad
- 1 bobby sized banana
- 1 carrot cut into sticks, with hummus

### **Bread, cereals, grains (count as 1 of your grain serves on page 7)**

3 Vita-Weat™, 2 Ryvita™ (or similar), or 1 slice grainy toast with avocado or hummus and sliced tomato (includes 1 serve healthy oils and 1 serve vegetables)

### **Milk, yoghurt, cheese (count as 1 of your milk serves on page 7)**

- 1 pottle unsweetened yoghurt
- 1 cup trim milk
- 1 cup homemade smoothie (1/2 cup milk or yoghurt plus 1 cup fruit salad)

### **Healthy oils, nuts (count as 2 of your nut serves on page 7)**

- Handful unsalted nuts
- 1½ Tbsp peanut butter on grainy toast (includes 1 serve grains)

### **Less healthy snacks to have only occasionally (count as 1 serve of 'other foods' on page 7)**

- 2-3 biscuits
- 10 small crackers eg. rice crackers, water crackers
- ½ muffin
- 1 cup packed or canned soup
- 1 small fruit or muesli bar
- 1 slice fruit loaf or 1 pikelet



# Step 2: Coloured vegetables and fruit

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 three to four servings each day of vegetables, and three to four servings of fruit**



## How much is a serving?

### Coloured vegetables\*

Raw leafy or salad vegetables	1 cup
Tomato or 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 (bobby banana size)
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 seven to eight servings of fruit and vegetables a day look like?

- **Breakfast:** 1 kiwifruit or ½ cup of canned fruit in juice on cereal
- **Lunch:** Salad or coleslaw with dressing or 1 large tomato in a sandwich, 1 peach
- **Dinner:** 1 cup of cooked green vegetables, ½ cup of cooked orange or red vegetables
- **Snacks:** 1 apple, 1 orange

## Make a change

### Food to go

- Buy a box of raisins, some grapes, a carrot, capsicum sticks or cherry tomatoes for a quick snack.

### 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
- Use some frozen or canned fruit
- Find a good fruit and vegetable shop
- Trade excess seasonal fruit with neighbours
- Buy vegetables that store well (kumara, pumpkin) when they are cheaper.

### Change cooking styles

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



## Step 3: Breads, cereals, 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.

Whole grain breads, cereals and starchy vegetables are staple, filling foods. They contain valuable dietary fibre, protein, unsaturated fat and other nutrients.

**Depending on your kilojoule requirements, choose 6+ servings each day.**

Check your kilojoule level on page 7 for the number of serves you need. Each day choose foods with mostly unrefined whole grains such as traditional oats, brown rice, kibbled or whole wheat, quinoa, whole rye, bulghur or hulled barley.

Starchy vegetables are potato, kumara, corn, yams, cassava/tapioca, green banana and taro.

### How much is a serving?

#### Grains

*Whole grain bread	1 medium slice (30g)
*Whole grain bread roll	½ roll (30g)
*Whole grain crispbread	3 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	⅓ cup
Brown 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', 'oats', 'oat bran', 'bran', 'kibbled wheat', 'rye', or 'barley' near the beginning of the ingredients list.



## What does six servings of grains and starchy vegetables a day look like?

- **Breakfast:**  $\frac{2}{3}$  cup of natural muesli
- **Lunch:** 2 slices of whole grain bread
- **Dinner:** 2 servings of potato, kumara, rice or pasta

## 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, less than 15g sugars per 100g (unless high in fruit) and less than 2g saturated fat per 100g.

### Try something different

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



# Step 4: Fish, meat, chicken, legumes, eggs

Include fish or legumes (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 legumes protect the heart and blood vessels because of the type of fat and nutrients they contain. To eat less animal fat, choose lean meats and skinless chicken.

**Depending on your kilojoule requirements, choose 1–3 servings each day.**

Check your kilojoule level on page 7.

## How much is a serving?

### Fish and seafood (eat twice a week)

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	150g
Canned salmon	85–95g

### Legumes: Dried peas, beans and soy products (eat 4–5 times a week)

Cooked dried beans or split peas	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*	2 Eggs

\*Limit to 3 eggs per week if at high risk of heart disease.

## What are legumes?

Legumes are dried peas and beans also known as pulses and 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 cannellini beans.

## What is oily fish?

Oily fish includes: mackerel, sardines, salmon, kahawai, pilchards, silver warehou and herring.



## Make a change

### Include fish

See the *Best Fish Guide for sustainable choices*

- Aim to eat at least 2–3 servings of fish each week, especially oily fish
- Bake or grill fish with a sprinkle of pepper and herbs.

### Cost saving tips

- Add cooked dried legumes 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 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.

# Step 5: Low-fat milk, yoghurt and cheese

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, so full-fat dairy products should be limited. Low-fat milk products are the healthiest for the heart.

Yoghurts and milk drinks are often sweetened. Choose unsweetened varieties to limit your intake of added sugar.

**Depending on your kilojoule requirements, choose 2–3 servings each day.**

Check your kilojoule level on page 7.

## 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	$\frac{1}{3}$ cup (80ml)
Low-fat unsweetened yoghurt (0.5g saturated fat/100g or less)	$\frac{2}{3}$ cup, 1 small pottle (150g)
Lite cottage cheese (0.5g saturated fat/100g or less)	$\frac{1}{2}$ cup (125g)
Quark, ricotta or extra-lite cream cheese (3.5g saturated fat/100g)	$\frac{1}{4}$ cup (62g)
Regular Greek yoghurt (5g saturated 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 saturated 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.



## Step 6: Nuts, seeds, avocado, oil or margarine spreads

Use nuts, seeds, avocado, oils or margarine spreads instead of animal and coconut fats.

Nuts, seeds, avocado, olives, healthy oils or margarine spreads contain heart healthy poly and monounsaturated fats. They are a better choice than foods high in animal fats such as butter, cream and meat 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 in the blood.

**Depending on your kilojoule requirements, choose 6+ servings each day.** Check your kilojoule level on page 7.



### How much is a serving?

#### 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

#### 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
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

## Make a change

- Choose a variety of oils, spreads, nuts and seeds since they provide different nutritional qualities. Oils like cold-pressed olive, canola or avocado oil are good choices for a multi-purpose oil
- If you do not eat fish, you may benefit from taking fish oil supplements (omega-3)
- Choose some foods rich in polyunsaturated and/or monounsaturated fats every day and limit foods rich in saturated fats
- Remove visible white fat from meat and chicken skin before cooking
- Avoid deep frying foods and cooking at very high temperatures when using oils
- 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.



## Choose some 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 seeds
Fish oil capsules	Safflower oil	sunflower/ canola	Walnuts
Grapeseed oil	Sesame oil	margarine	Wheatgerm
Linseeds	Sesame seeds	spreads	Wheatgerm oil

### Foods rich in monounsaturated fats

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

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

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

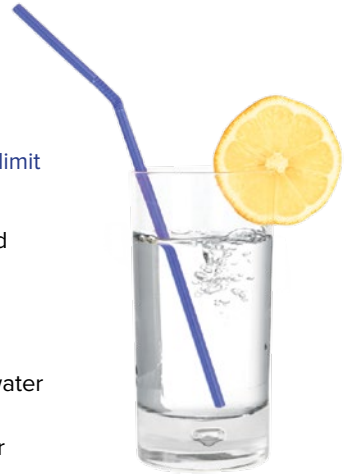


## Step 7: Drinks

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 (e.g. sugary drinks) as they can contribute to weight gain, raised cholesterol and high blood pressure.

**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
- Count milk drinks as a serving of milk
- 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 10 grams of alcohol.

<b>Alcoholic drinks</b>	<b>One standard drink</b>
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 heart health benefits. If choosing 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.

If you choose to drink alcohol, 1.5 standard drinks equals one serve of 'other foods' (see page 7).

# Step 8: Purchasing and cooking foods low in sugar, salt and saturated fat

Use only small amounts of sugar or salt when cooking and preparing meals, snacks or drinks (if any). Choose ready-prepared foods low in sugar, salt and saturated fat.

## Small amounts of sugar

Foods low in fat and salt can be high in added sugars. These are the sugars that get added to food when it is being made either by the cook or food manufacturer. 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 as they can raise cholesterol levels and blood pressure.

## 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, and count as one serve of 'other foods' on page 7.

### 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, ice cream or custard	1 small pottle or ½ cup
Sweet biscuits	2-3 plain biscuits
Muffins	½ small muffin

\*No sugar but kilojoules = 1 tablespoon of sugar

## Make a change

- Keep servings small if eating sugary foods
- Have fruit instead of sugar or sugary foods
- Choose unsweetened yoghurts
- Choose canned fruit in water or juice and drain before eating
- Check the list of ingredients for added sugar on food labels. It can be called a lot of different names such as: invert sugar, glucose, sucrose, fructose, dextrose, cane juice, maltodextrin, malt syrup, corn syrup, fruit juice concentrate, molasses, honey.

## Small amounts of salt

Most of the salt we eat comes from processed and ready prepared foods. Salt is listed as sodium on food labels. Limit the amount of salt you add to your meals.

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 salt intake 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
- 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
- If you do use salt, ensure it is iodised.



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

## Choosing foods low in saturated fat, sugar, salt (sodium) and high in fibre

The 'ingredient list' on food labels lists ingredients in order of size, from biggest to smallest amounts used in the product. It can help to identify sources of fat and sugar (see page 26 for a list of different names for sugar), and how many extra ingredients have been added.

The table below is a guide for what to look for on the 'nutrition information panel' on food labels. It is a guide only, and it is important to consider the whole food and the ingredient list when making your decision.

Food groups	Energy	Saturated fat	Sugar	Sodium	Fibre
<b>Fruit and veg: Choose a variety of colours</b>					
Canned vegetables				<150mg/100g	
Canned fruit			<12g/100g		
<b>Grains and starchy veges: choose wholegrains and high fibre</b>					
Wholegrain, high-fibre bread				<450mg/100g	>5g/100g
Breakfast cereals		<2g/100g	Non-fruit <15g/100g; high fruit <25g/100g	<450mg/100g	>7g/100g
Wholegrain crispbread		<2g/100g		<450mg/100g	>7g/100g
Wholemeal tortilla/wraps		<1g/100g		<600mg/100g	>5g/100g
<b>Meat and legumes: choose meat without the fat and skinless chicken</b>					
Seafood and canned fish				<450mg/100g	
Canned beans and legumes				<300mg/100g	
<b>Milk, yoghurt, cheese: choose reduced-fat options</b>					
Milk, yoghurt		<0.5g/100g	<12g/100g		
Hard cheese		<17g/100g		<800mg/100g	
Curd and soft cheeses		<3.5g/100g		<400mg/100g	

## Step 8: Purchasing and cooking foods low in sugar, salt and saturated fat

Food groups	Energy	Saturated fat	Sugar	Sodium	Fibre
<b>Oils, nuts: choose healthy oils and unsalted nuts</b>					
Margarine spreads		<1g/100g trans fat, or look for the Tick		<400mg/100g	
Mayonnaise & dressings		<5g/100g		<800mg/100g	
Nuts and seeds				120mg/100g	
<b>Other foods: Cut back on these</b>					
<i>Sauces, gravies, pickles</i>		<0.5g/serve		<150mg/serve	
<i>Canned or packet soups</i>		<1g/serve		<600mg/serve	
<i>Biscuits, bars, sweets, bakery items, muffins, desserts and savoury snack foods (including crackers)</i>	400kJ/serve	<1g/serve	<15g/serve	<150mg/serve	
<i>Sliced processed meats (e.g. deli meats, ham)</i>		<1.5g/100g		<750mg/100g	
<i>Crumbed or pre-prepared chicken or fish</i>		<2g/100g		<400mg/100g	
<i>Sausages</i>		<5g/100g		<600mg/100g	

Foods that should be eaten less often are in italics.

If choosing foods with higher levels of saturated fat, sugar, or salt eat them in smaller amounts and less often.



## How to choose ready-prepared meals

Check your kilojoule level on page 7.

### Label check – ready-prepared meals

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

Dinner or main meals	Per package serving look for...	Examples
Low kilojoule	1500–2000 kilojoules 3g saturated fat or less	Frozen fish and sauce dinner with extra frozen vegetables <b>or</b> Sushi and salad
Moderate kilojoule	2000–2500 kilojoules 4.5g saturated fat or less	Roast chicken dinner (skin removed) and extra frozen vegetables or salad <b>or</b> Thai or Chinese meat and vegetable dish
High kilojoule	over 2500 kilojoules 6g saturated fat or less	Frozen beef curry meal with extra vegetables <b>or</b> Large souvlaki and salad
For all dinner meals	600mg sodium or less, occasionally up to 900mg	



## Step 8: Purchasing and cooking foods low in sugar, salt and saturated fat

Lunch or light meals	Per package serving look for...	Examples
Low kilojoule	1200–1500 kilojoules 2g saturated fat or less	Filled chicken roll plus 1 fruit or Lentil or minestrone soup and small roll
Moderate kilojoule	1500–2000 kilojoules 3g saturated fat or less	Whole grain sandwich with salad and lean meat filling and a pottle of yoghurt plus fruit
High kilojoule	2000–2500 kilojoules 4g saturated fat or less	2 filled chicken wholemeal rolls
For all light meals	400mg sodium or less, occasionally up to 700mg	



# Step 9: Mostly avoid butter, deep-fried and fatty foods

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

These foods are usually high in saturated fat, can be high in trans fat or refined grains and sugar and contribute to higher cholesterol levels, changes in blood vessels and weight gain.

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

## How much saturated fat can you eat?

Check your kilojoule level on page 7.

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'	4g	4g	5g
Or each week	28g	28g	35g



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. They are high in unhealthy fats and/or white flour or sugar.

**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
	1 small scone

## Step 9: Mostly avoid butter, deep-fried and fatty foods

### Plus one of these foods per month

Each contains 20 – 48g of saturated fat.

Meat pie

Big cookie

BK Whopper® and medium fries

2 pieces of KFC® Original Recipe® chicken and regular fries

Big Mac® and medium fries

Nachos, cheese, sour cream

Thai green curry and rice

Slice of cheesecake

Fish and scoop of chips

Butter chicken and rice



## Quick takeaway meal alternatives

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 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 four basic parts (see page 10 for more details).**



	The fish, beans, meat or milk products	+	The coloured vegetables	+	The grain or starchy vegetable	+	Healthy oils, nuts
<b>Pasta and salad</b>	Canned salmon or tuna	+	Jar tomato based pasta sauce and prepared salad or frozen vegetables	+	Pasta or fettuccine	+	Use oily fish
<b>Hot salad and corn on the cob</b>	Mussels or cooked chicken (sliced) panfried in oil and lemon juice	+	Baby spinach and salad vegetables stirred through cooked meat	+	Corn on the cob	+	Oil for cooking
<b>Beef stir-fry</b>	Fresh uncrumbed schnitzel cut into strips	+	Frozen stir-fry vegetables Stir-fry sauce to add	+	Brown rice (can buy pre-cooked rice)	+	Oil for cooking
<b>Fish, wedges and vegetables</b>	Frozen uncrumbed fillets – panfried in oil and herbs	+	Canned beetroot, frozen peas	+	Frozen potato wedges (Heart Foundation Tick)	+	Oil for cooking
<b>Pizza and salad</b>	Cooked chicken shredded, sprinkled with a little grated cheese	+	Mushrooms, capsicums and onions as toppings, salad for a side dish	+	Pizza base thin crust, and tomato paste spread on base	+	Olives and salad vinaigrette
<b>Bean wrap</b>	Canned chilli beans	+	Pre-chopped coleslaw, tomatoes and lite dressing	+	Wholemeal flat bread or tortilla	+	Avocado
<b>Soup and bread</b>	Vegetable soup plus canned chickpeas	+	Add canned chopped Italian tomatoes to the soup	+	Whole grain toast or bread roll	+	Margarine spread



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Revised and printed February 2015

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.