FAT FACTS FOR A STRONG HEART

GOOD FATS
Unsaturated Fats

- Fresh fish and tinned fish
- Olive oil, sunflower oil, canola oil
- Avocado and nuts
- Poly and mono margarines

Eat in small amounts

These healthy fats are good for your heart.

AVOID THESE FATS
Saturated Fats

- Butter
- Fried take away foods and fatty meats
- Full cream dairy products
- Sweet foods

These fats are not good for your heart.
HEALTHY TIPS
Try these healthy tips to help look after your heart

Choose lean cuts of meats
Trim fat off meat, take skin off chicken
Try healthy ways of cooking: roast, bake or grill.

Have bush meats (cut fat of dugong/turtle)
Include a variety of grain foods; pasta, rice and noodles

Include wholegrain and wholemeal breads.
Choose healthy takeaway food
Use avocado as a spread

Choose fruit as a snack
Small handful of nuts (raw unsalted)
Try low fat dairy foods

SUGAR FOODS TO LIMIT
Limit foods/drinks high in sugar such as lollies, chocolates, cakes, biscuits, soft drink, cordial and fruit juice.

Drink plenty of water