

FAT FACTS FOR A STRONG HEART



GOOD FATS

Unsaturated Fats



Fresh fish and tinned fish

Eat in small amounts



Olive oil, sunflower oil, canola oil



Avocado and nuts



Poly and mono margarines

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.

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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 off 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

