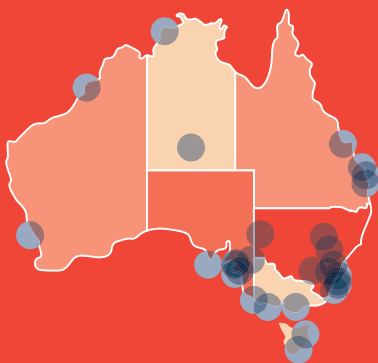
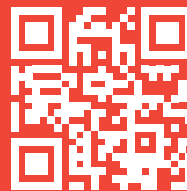




Nutrition & your heart health

Please scan the QR code to visit Heart Support Australia's website for additional information and access our online resources to further support your journey.



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

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Heart Support Australia acknowledges the Traditional Owners and custodians of country throughout Australia and their continuing connection to land, waters, and community. We pay our respect to them and their cultures, and Elders past, present and future.



**KNOW YOUR NUMBERS
TREAT YOUR RISK**

Help reduce the chances of a secondary heart event by knowing your numbers. Visit www.knowyournumberstreatyourrisk.com.au

References

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What does healthy eating look like?



Healthy eating is not about restricting foods; it's about making small changes to incorporate nutritious foods into your diet.

- Include lots of colourful fruits, vegetables, and whole grains.
- Choose healthy proteins such as fish, seafood, nuts, seeds, and grains.
- Opt for lean poultry.
- Consume lean red meat 1-3 times per week.
- Incorporate healthy fats from nuts, seeds, avocados, and olives. Use olive oil for cooking.
- Select unflavoured milk, yoghurt, and reduced-fat cheese.
- Flavour your meals with herbs and spices instead of salt.

What you need to know

Protect your heart and reduce your risk by keeping your diet full of natural foods, and carefully monitoring the portion sizes in conjunction with your other dietary habits.

- Portion sizes.
- Reducing fats.
- Reducing sugar.
- Reducing salt.
- Swapping to low fat alternatives.

Healthy lifestyle practices



Don't Smoke.



Maintain a healthy weight.



Exercise daily.



Manage stress.



Take your medications as prescribed.



Lessen alcohol intake.

Consider an alternative?

Understanding the effect your food choices have on your cholesterol is an important step in making meaningful changes. Below are some questions to begin discussing.

- What are the recommendations for fruit and vegetable intake?
- What are the recommendations for dairy products?
- What are discretionary foods?
- Can I see a dietitian as part of my care plan?

Understanding diet as medication/helping your heart

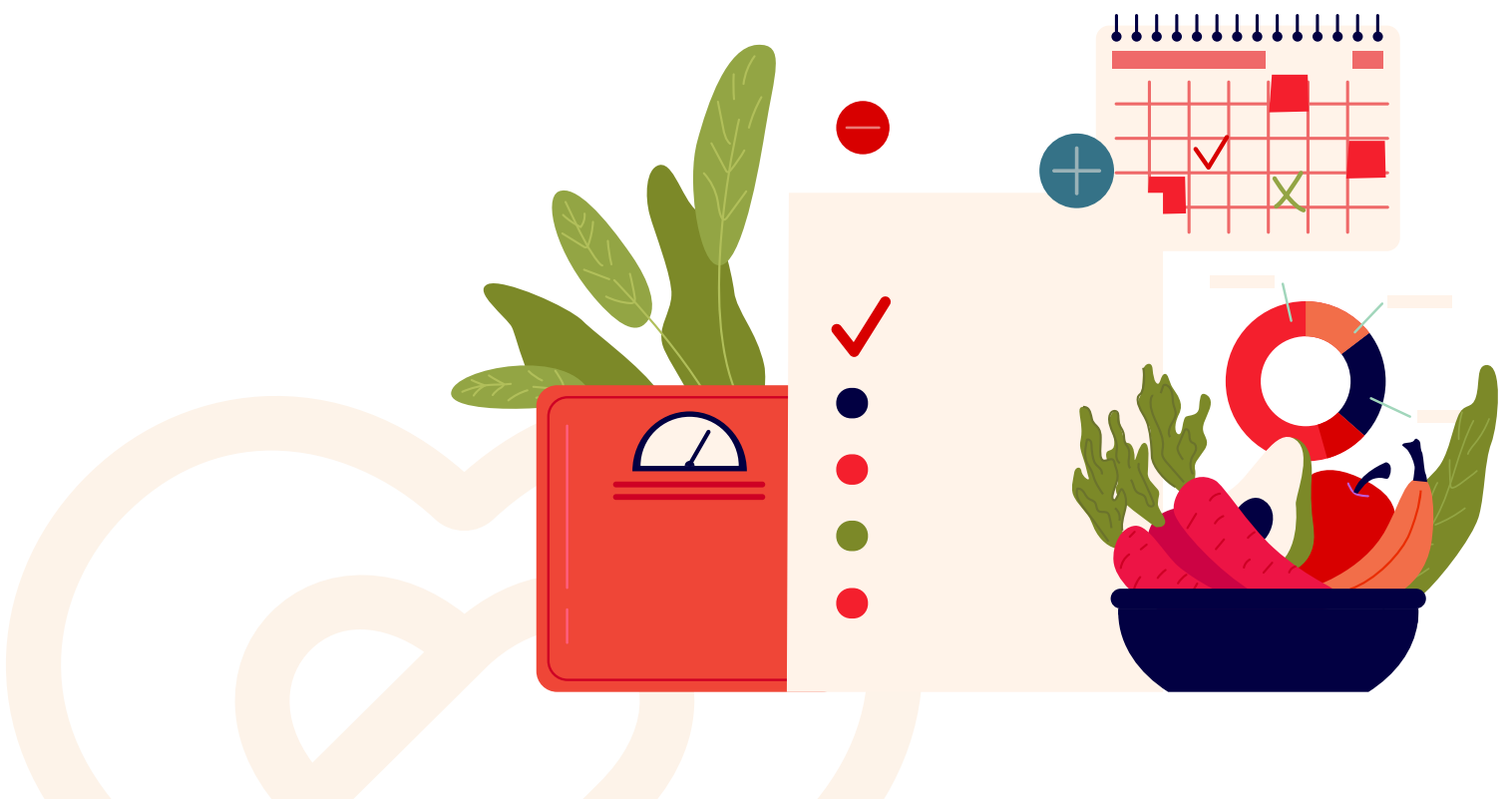
Highly saturated and trans fat-rich foods raise plasma cholesterol, especially dairy fats which increase LDL cholesterol. They also contribute to weight gain.

- Can high LDL levels be genetic?
- Will diet alone reduce my bad LDL cholesterol?
- How can I increase my good HDL cholesterol?
- What foods should I avoid?
- Is the DASH diet good?
- Is a Mediterranean diet good for heart health?
- Can I have eggs?
- Should I limit stoned fruits?
- What is the latest evidence for butter?

Understanding other lifestyle choices for heart health

Plan ahead for celebrations and special occasions as they can be difficult times.

To enhance motivation, focus on making small, sustainable changes tailored to your needs and preferences.





What you need to know

- Aim for 5 servings of vegetables a day. Add vegetables to salads, soups, and casseroles or try them as snacks.
- Go for grains. Replace white bread and rice with whole grain and seeded bread, brown rice, and high-fiber breakfast cereals.
- Eat more legumes like lentils, chickpeas, and beans. Use dried and cooked or canned varieties either alone or add them to dishes to reduce the amount of meat.
- Aim for 2-3 servings of fish a week. Canned fish in spring water or olive oil is best.
- Try to introduce at least one meat-free day a week.

Unable to get fresh

If fresh produce isn't available, consider using canned or frozen vegetables. Opt for canned or dried legumes, such as beans, chickpeas, and lentils. Choose canned fish options like tuna, salmon, and sardines.

Swap out

Replace hot chips with sweet potato wedges. Substitute potato chips with unsalted nuts. Swap soft drinks for sparkling water infused with lemon, lime, or orange slices.

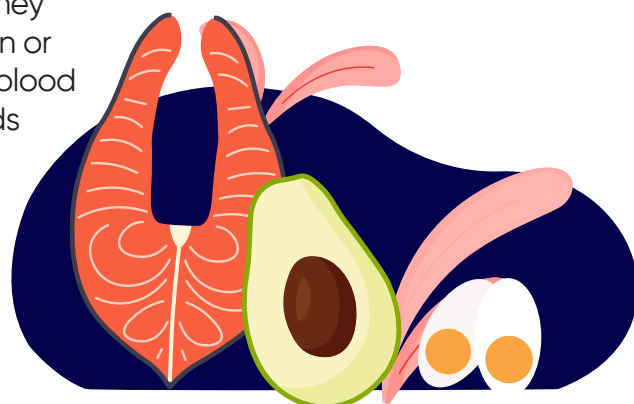
Find a dietician near you www.daa.asn.au

Looking for recipes? Try Live Lighter or Heart Foundation Websites

Impact on Cholesterol Levels

Eggs Eggs can be enjoyed as part of a healthy, balanced diet. While eggs are naturally high in dietary cholesterol, they are low in saturated fat and, when eaten on their own or with other healthy foods, have little to no impact on blood cholesterol levels. It's when eggs are paired with foods high in saturated fat – this combination can elevate blood cholesterol.

Butter Substitutes such as olive oil, avocado, hummus, nut butters, and oil-based spreads are preferable as they do not raise cholesterol levels.



For heart healthy recipes visit our friends at www.australianeggs.org.au