

Eating well for a healthy weight

Where to start

Did you know that eating an unhealthy diet and being above a healthy weight can increase your risk of developing coronary heart disease? Healthy eating is not about “good” and “bad” foods or restrictive diets. It's about making small changes that you can continue long term.

The 5 key parts of a heart healthy eating pattern are to eat:

-  **1. Plenty of vegetables, fruits and wholegrains**
-  **2. A variety of healthy protein sources especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can be included in a heart healthy diet. If choosing red meat, make sure the meat is lean and limit to 1-3 times a week.**
-  **3. Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties**
-  **4. Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking**
-  **5. Herbs and spices to flavour foods, instead of adding salt**

This style of eating is naturally low in unhealthy fats, salt and added sugar and rich in wholegrains, fibre, vitamins and healthy fats. Eating this way can help you achieve and maintain a healthy weight.

Choose healthy food and drinks

Unhealthy foods like lollies, pizza, burgers, soft drinks, cordial, energy drinks and alcoholic drinks are high in kilojoules, saturated fat, added sugar and salt while offering little nutritional value. Replace these foods with fresh, heart healthy foods and choose water most of the time. This doesn't mean you can never have these foods – just aim to limit to once per week and be careful with the portion size.

Cook at home more

Meals and snacks purchased outside of the home are often high in kilojoules, salt, added sugar and unhealthy fats. You can save money and control what's in your meals by cooking at home more often. Go to heartfoundation.org.au/recipes for recipes, weekly meal plans, tips and shopping lists to make your life easier.

Useful tools

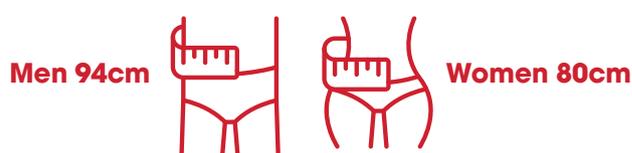
Weight loss goals

Some people find it helps to set goals. A weight loss of 5-10% of your current weight can help to greatly reduce your risk of heart disease and other chronic diseases.

For example: If your current weight is 80kg, aim for weight loss of between 4 – 8kg to achieve a weight of between 72 – 76kg.

Waist Circumference

If you carry extra weight around your waist, you are at higher risk of developing heart disease. Ask your health professional to measure your waist circumference or learn how to measure it yourself at: heartfoundation.org.au/your-heart/know-your-risks



Body Mass Index

The Body Mass Index (BMI) is a useful tool to see if you are a healthy weight. You can measure your BMI by using the free calculator at heartfoundation.org.au/your-heart/know-your-risks or ask your doctor or dietitian to calculate it.

For Adults	
BMI	Weight category
<18	Underweight
18-25	Healthy Weight
More than 25	Overweight
More than 30	Obese

Please note the above equation is only suitable for adults and is a guide only. BMI is calculated differently for children and may not apply for people over 65 years of age. Discuss what a healthy weight for you is with your doctor or dietitian.

Easy food swaps

SWAP THIS	FOR THIS
Potato crisps	Unsalted nuts and seeds Air popped popcorn – try adding spices or chilli flakes instead of salt and butter
Hot chips	Home-made sweet potato wedges (toss wedges of sweet potato with olive oil and bake @180C for 20-30 minutes)
Sweet biscuits and cakes	Home-made versions (see recipes at heartfoundation.org.au/recipes)
Fruit yoghurt or ice cream	Natural yoghurt with added fresh or frozen berries
Ham sandwich	Cheese and salad sandwich on wholemeal bread
Meat pie	Chicken and salad wrap
White bread and white rice	Wholegrain or seeded bread, brown rice
Cream cheese, cheese spread, cheese sticks	Mozzarella, edam, cheddar, cottage and swiss cheese
Salt	Herbs, spices, pepper, garlic, chilli or ginger
Soft drinks, fruit juice or cordial	Water, mineral water or sparkling water – try adding lemon, lime or orange slices to flavour the water without sugar
Deep fried foods	Steamed, boiled, grilled, baked or pan-fried foods
Butter, palm oil, coconut oil, lard	Olive oil, peanut oil, sunflower oil, margarine



Top 5 tips

1. Think about the long-term and ignore fad/crash diets and kilojoule counting. Following a heart healthy eating pattern can help you reduce your weight while feeling satisfied.
2. Aim for 5 servings of vegetables a day. Add vegetables to salads, soups and casseroles or try them as a snack.
3. Enjoy what you are eating – savour the taste, smell and texture. Sit down to enjoy meals, turn off the screen and eat slowly. Don't eat on the run!
4. Eating regular meals can help you avoid overeating.
5. Talk to your doctor about exercise. Aim for 30-40 minutes a day – walking is great! Keep moving and break up long periods of sitting.



Heart healthy changes I can make now

Making small changes daily adds up over time. It can be helpful to focus on **2 or 3 changes at a time**. Take note below on the changes you are going to start with.

1:

2:

3:

For more information

- For more information on healthy eating visit heartfoundation.org.au/healthy-eating
- To find a walking group near you visit walking.heartfoundation.org.au
- For recipes heartfoundation.org.au/recipes
- To speak to a health professional, call the **Heart Foundation Helpline** on **13 11 12**
- To find a dietitian in your area visit daa.asn.au

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December 2019

HH-SCPS-0021.1.0120