



**COMMUNITY
SERVICES #1**
enable • enhance • enrich

HEART DISEASE

• CS#1 NUTRITION •

**Did you know?
It's best not to
cook with olive oil.
It has a low boiling
point and turns
into saturated fat.
It is better to cook
with canola oil.**

**Did you know?
Coconut oil is not
a superfood.
There is a lot of
wrong
information about
coconut oil.
Coconut oil is full
of saturated fat
and should be
avoided as much
as possible.**

Diet is very important to help prevent heart disease. If we eat too many foods high in salt, sugar and “bad” fats, the more likely we are to develop high cholesterol, high blood pressure and eventually heart disease. “Bad” fats (saturated fats) are found mostly in red meat, processed meats and whole-fat dairy foods. Another type of bad fat is trans fat which is found mainly in processed foods and dessert foods.

It is important to have a healthy balanced diet including foods high in fibre, as well as “good” fats found in most plant foods, oils and nuts (unsaturated fats). There are also the omega-3 fatty acids found in fish like tuna, salmon and mackerel.

HEALTHY EATING HEART DISEASE

• CS#1 NUTRITION •

Do:

- Eat a variety of high fibre foods including wholegrains, fruit and vegetables.
- Do include a variety of 'good fats' into your diet:
 - monosaturated fats e.g avocado, peanuts, almonds. This helps reduce bad cholesterol.
 - poly-unsaturated fats e.g fish, walnuts, soybean. This will also help reduce bad cholesterol.
- Include oily fish 2-3 times a week such as tuna, salmon, sardines.
- Remove the skin off the chicken and fat on meat.
- Choose reduced fat dairy products.
- Steam, bake or grill foods to avoid adding unnecessary fats to foods.
- Read food labels and aim to buy foods with no more than 10g per 100g of total fat and no more than 3g per 100g of saturated fat.

Don't:

- Eat too many takeaway foods as they are high in fat.
- Eat too many processed meats including salami or sausages.
- Cook with olive oil, peanut oil or coconut oil. These oils turn into saturated fat when heated at a high temperature.
- Add additional fat such as butter and cream.

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