

TUCKER TALK TIPS

TUCKER FOR YOUR TICKER

MY MESSAGE TO YOU



WHY IS NUTRITION IMPORTANT FOR HEART HEALTH?

What we eat and drink affects our:

- body weight
- blood pressure
- blood fats and cholesterol
- blood sugar level

These four factors are all linked to heart disease. Healthy eating and regular physical activity will help to reduce your chance of having a heart attack.

WHAT SHOULD YOU EAT FOR A HEALTHY HEART?

Eat more plant foods, including:

- 2 serves of fruit and 5 serves of vegies every day
- as many different coloured fruit and vegies as you can
- wholegrain breads and cereals – oats are a great choice
- legumes like lentils, split peas, kidney beans, chick peas or baked beans – try adding them to soups or stews
- unsalted nuts like almonds, cashews, walnuts or peanuts.

Replace bad (saturated) fats with healthy (poly and monounsaturated) fats:

- eat less fatty meat – eat more kangaroo and fish
- eat less salt (sodium).



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BAD FATS VS GOOD FATS

All fats are fattening, but not all fats are bad for your heart.

Saturated fats are the bad fats that raise your cholesterol.

These foods contain saturated fat:

- meat – always trim the fat off meat and take the skin off chicken
- processed meats like sausages, strass, devon, salami
- butter – choose margarine instead
- dairy products – choose reduced fat varieties of milk, yoghurt and cheese
- cream - try to avoid creamy sauces and desserts
- biscuits and pastries like pies, sausage rolls and pasties
- take away foods like burgers, chips, fried chicken and pizza.



Good fats include monounsaturated and polyunsaturated fats. These foods contain healthier fats:

- avocado
- nuts and seeds
- fish and seafood
- kangaroo and emu
- vegetable oils like olive, canola, sunflower and peanut oil
- margarines.

WHAT'S WRONG WITH TOO MUCH SALT?

- Too much salt can raise your blood pressure.
- Avoid adding salt to your food.
- Avoid high salt (sodium) foods such as:
 - processed meats like bacon and salami
 - packet soups, sauces and seasonings
 - potato chips, pretzels, salted nuts and savoury biscuits
 - take away foods.
- Look for foods labelled 'reduced salt', 'reduced sodium' or 'no added salt'.