

CARDIOPROTECTIVE DIET
Quick View Table

	<u>HEALTHY CHOICES</u>	<u>LIMIT THESE CHOICES</u>
Fruit and Vegetables	<ul style="list-style-type: none"> All veg – fresh, frozen, tinned All fruit – fresh, frozen, juiced, dried and tinned in natural juice 	<ul style="list-style-type: none"> Vegetables fried/roasted in fat or in a creamy sauce Butter/margarine added to vegetables
Fish - Oily Fish - White Fish - Shellfish	<p>Aim to eat fish at least twice a week, at least one of which should be the oily type. Try poaching, steaming, grilling or baking.</p> <ul style="list-style-type: none"> Herring, mackerel, sardines, pilchards, salmon, trout, fresh tuna, kippers <p>All white fish e.g.</p> <ul style="list-style-type: none"> Cod, coley, haddock, plaice <p>Prawns, crab, cockles</p>	<ul style="list-style-type: none"> Fried fish Fish in butter/cream sauce Fish roe taramasalata Fish patè (unless a low fat variety or homemade using a low fat recipe)
Meat and Poultry	<ul style="list-style-type: none"> Lean cuts of beef, lamb, pork and ham Chicken, turkey Gilled lean bacon, e.g. back, gammon 	<ul style="list-style-type: none"> Sausages, fatty cuts of meat e.g. streaky bacon Processed meat e.g. salami, luncheon meat, patè, faggots Duck Offal Beefburgers (unless made with lean beef) Sausage rolls, meat pies, pork pies
Eggs	<ul style="list-style-type: none"> Boiled, poached Scrambled, omelette (using only a little oil (see below)) 	<ul style="list-style-type: none"> Scotch egg Quiche Fried egg
Pulses & Soya	<ul style="list-style-type: none"> Baked beans, peas, lentils, dahls Tofu, Quorn Textured vegetable protein/soya mince 	<ul style="list-style-type: none"> Check the labels of pre-prepared vegetarian meals as these can be high in fat
Nuts & Seeds	<p>All nuts, except chestnuts, are very high in fat, so watch how much you eat.</p> <ul style="list-style-type: none"> walnuts, pecans, almonds, peanuts (contain some omega-3 fats), hazelnuts, chestnuts sunflower, pumpkin, sesame, flax seeds 	<ul style="list-style-type: none"> Coconut Coconut cream Peanut butter Cashew nuts Brazil nuts Macadamia nuts

Starchy Foods	<ul style="list-style-type: none"> • Bread, rolls, pitta, wraps, crackers (especially wholegrain and seeded varieties) • Pasta (especially wholemeal variety) • Noodles • Rice (especially brown variety) • Chapatti (made without fat) • Potatoes – boiled, jacket, mashed, dry roast • Wholewheat cereals, porridge • Bulgar wheat • Cous cous • Tandoori roti 	<ul style="list-style-type: none"> • Croissant • Focaccia and garlic bread • Dumplings • Chips • Paratha, puri • Fried Rice • Naan breads • Chapatti with butter/margarine
Dairy Foods	<ul style="list-style-type: none"> • Milk – skimmed / semi-skimmed / 1% • Cottage cheese • Low fat curd cheese / cream cheese • Low fat & diet yogurt • Low fat & diet fromage frais • Low fat lassi • Low fat raita • Lower fat cheeses e.g. Brie, Edam, reduced fat cheddar • Unsweetened soya milk 	<ul style="list-style-type: none"> • Whole milk • Cream • Full fat cheese spread • Full fat yogurt • Full fat greek yogurt • Higher fat cheeses e.g. Stilton, Cheddar, Red Leicester, paneer
Fats and Oils	<p>Aim to keep the quantity to a minimum (especially if you are trying to manage your weight)</p> <ul style="list-style-type: none"> • Olive / rapeseed oils • Sunflower / corn / soya oils • Spreads based on the above oils 	<ul style="list-style-type: none"> • Ghee • Butter • Lard
Fatty/Sugary Foods	<ul style="list-style-type: none"> • Scones • Maltloaf • Tea cakes • Tea breads • Plain biscuits e.g. Rich Tea, Morning Coffee • Baked crisps / rice snacks • Less than 5% fat oven chips 	<ul style="list-style-type: none"> • Chocolate • Rich biscuits – e.g. custard cream, Bourbon, chocolate biscuits • Gateaux • Cream cakes • Indian sweets e.g. burfi • Pastries • Bhajjis, samosa • Crisps
Sauces and Dressings	<ul style="list-style-type: none"> • Choose sauces in jars that are based on tomato rather than cheese or cream. • Low calorie salad dressing • Salad dressing made with a little olive oil • Reduced fat Salad cream 	<ul style="list-style-type: none"> • Jarred sauces based on cream/cheese. • Mayonnaise • Full fat salad cream • Creamy sauces
Ready Meals & take-aways	<p>Check labels and compare products. Choose products containing less than 20g fat per serving.</p> <p>See separate leaflet on healthy options for take-aways and eating out.</p>	<p>Meals containing more than 20g fat per serving.</p>