Eat Better for a Healthy Heart

A diet low in fat and salt, and high in fibre, will put you on the right track to better health. Up your fibre with more fruit, vegetables and whole grains, and limit your salt intake today!

### Eat more vegetables and fruits daily

- Eat at least 2 servings of fruit and vegetables daily
- Choose fruit as your snack or dessert

### Eat good fats whenever you can

- Limit fatty meat, deep-fried food, cakes, cookies, bakery buns, pastries and full cream dairy products
- Choose healthier cooking oils (e.g. olive oil, canola oil, soybean oil)
- Eat oily fish (e.g. salmon, tuna and sardine) at least two to three times a week
- Have a handful of baked nuts (e.g. almonds, cashew nuts) as a snack

### Choose and eat whole grains over refined grains

- Whole grains provide lots of fibre and nutrients that are beneficial for your heart
- Eat wholemeal bread, whole grains cereal or oats
- Choose brown rice, brown rice beehoon and wholemeal pasta whenever you can

### Eat less salt

- Ask for less gravy or sauce
- Use less salt and sauces in cooking and flavour your food with herbs and spices instead
- Limit your intake on processed food and snacks (e.g. preserved vegetables, hotdogs, chips, etc)