

EATING POSITIVE

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Queensland
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Queensland Health

“HEART SMART” FOODS ~ A GOOD CHOICE GUIDE

Food group	GOOD CHOICES	LIMIT
BREAD & CEREALS	Bread (all types), breakfast cereals, flours, rice, spaghetti, crispbreads and cracker bread, home-made cakes and biscuits (using small amounts of poly- or mono-unsaturated fats and low-fat milk)	Croissants, commercial cakes & pastry, sweet or chocolate biscuits, toasted muesli
FRUITS & VEGETABLES	All fruit and vegetables, including avocados	
MILK & DAIRY PRODUCTS and substitutes	Low-fat and reduced-fat milk, soy milk, low-fat yoghurt, low-fat & soy cheese, soy custard & yoghurt, soy ice-cream	Full-cream milk, cream & sour cream, cream cheese and hard cheese, ice-cream, coconut milk & coconut cream
EGGS	Yolk-free egg mix, egg white Maximum of 3 to 4 egg yolks a week	More than four eggs a week
MEAT, POULTRY & MEAT PRODUCTS	Lean red meat, pork, veal, chicken and turkey without skin	Fatty meat, sausages, bacon, liver, pate, kidney, brains, duck, Devon salami
FISH & SHELLFISH	All types of fish and seafood (tinned or fresh)	Squid & prawns maximum twice a week
NUTS	Walnuts, pine nuts, almonds, pecans, brazil nuts, macadamias, cashews, hazelnuts, pistachios, peanuts (unsalted)	Coconut and coconut cream / milk
FATS & OILS	Poly-unsaturated or mono-unsaturated margarine, oils (olive, canola, safflower seed, sunflower, etc), mayonnaise or salad dressings (use in moderation)	Butter, ordinary margarine, lard, copherum, suet, ghee, coconut oil & palm oil
SAUCES, SPREADS	Tomato paste, herbs, spices, pepper, honey, jam	Salt, soy sauce, Vegemite, tomato sauce (in moderation)
TAKEAWAY FOODS	Sandwiches, BBO chicken (no skin), steakburgers (no mayonnaise/cheese), low-fat yoghurt, fresh fruit or fruit salad, baked potatoes, kebab with tahini	Fried chicken, hot chips, fried fish, pizza, potato scallops, meat pies, sausage rolls, spring rolls, dim sims, hamburgers, etc
SNACKS & LOLLIES	<i>Boiled sweets</i> *, <i>jellied sweets</i> *, <i>liquorice</i> *, unbuttered popcorn, pretzels	Chocolate, fudge, caramels, corn chips and potato crisps
BEVERAGES	Water, mineral water, tea, coffee, fruit juices, low-joule cordial, <i>soft drinks</i> *, <i>fruit drinks</i> *, <i>alcohol</i> * (in moderation)	Milkshakes, coffee whiteners

*Limit these if triglycerides are high, along with the other foods in the LIMIT column