

29 SEPTEMBER 2025

WORLD HEART DAY

TRY THESE HEART-HEALTHY FOOD TIPS:

Eat More Fruits & Vegetables

Eating more vegetables and fruits is linked to a lower risk of heart disease - plan to have at least three servings of vegetables and two pieces of fruit daily.



Limit Salt & Processed Foods

Eat less salt and salty foods, as they are known to increase blood pressure.



Include Lean Proteins

Chicken, fish, eggs and lean meat are all good sources of lean protein - avoid fatty meat, chicken skin and high-fat processed meats.



Incorporate Healthy Fats

Choose healthier fats by cutting out 'hard' fats such as butter and margarine, and instead use plant fats such as vegetable oil, avocado and peanut butter.



Include More Fibre

Including more foods rich in fibre, such as oats, dry beans and lentils, can help lower cholesterol.

