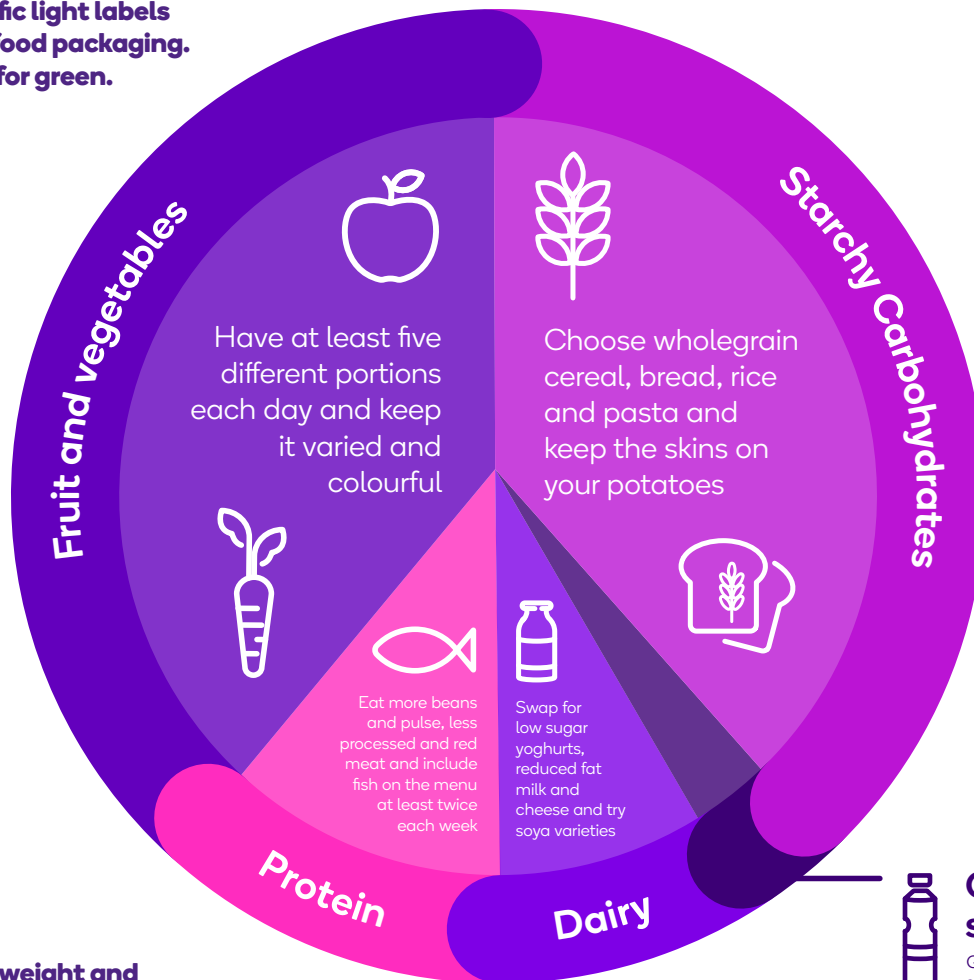


# Eat better for a Healthy Heart

Heart Research UK believe that for a Heart Healthy diet, it's all about getting the right balance. Eat the right foods in the right amounts by following our Eat Better Plate.



Look out for the traffic light labels on food packaging. Go for green.



Keep your weight and waistline in check

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## Eat less sugar and fat

Foods like crisps, chocolate, ice cream and pastries contain sugars and fats that your body doesn't need. Eat these less often and in small amounts



## Drink Plenty of Fluids

Go for reduced fat, sugar-free drinks and have 6-8 glasses each day

