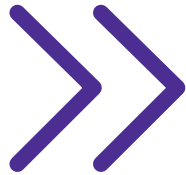


Eating better

What you eat directly impacts on the health of your heart.

You needn't cut out food groups or restrict your choice, but there are some foods that you might need a little more of and a few you should avoid. When you are in the supermarket, understanding the labelling on food will help you to make healthier choices.

Check the traffic lights for amounts of fat, sugar and salt



If you need more help shifting the balance, take a few tips from our Eat better plate.

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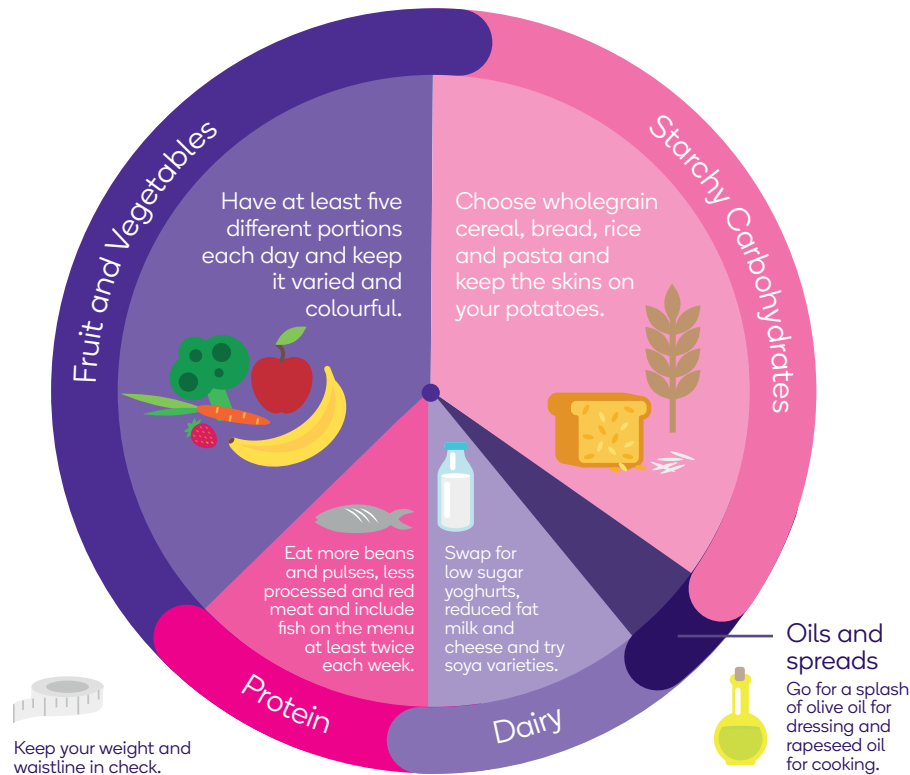
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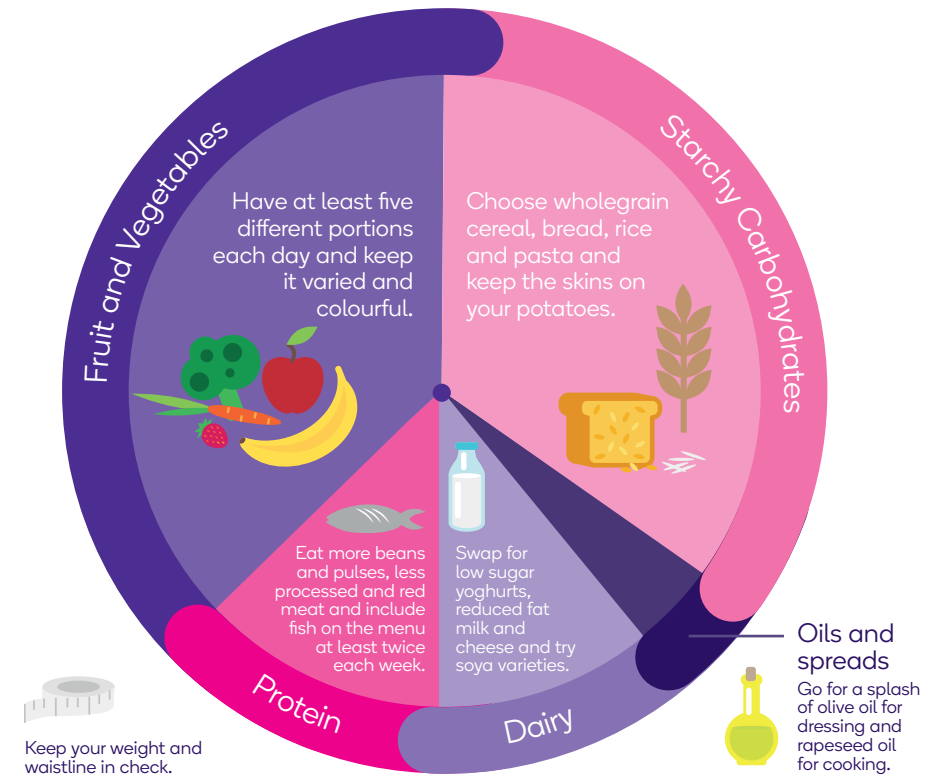
Eat better plate

Heart Research UK believes that for a heart healthy diet, it's all about getting the right balance.



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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 a day.



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