



**Irish Heart
Foundation**

HEALTHY EATING

**to reduce your risk
of heart disease
and stroke**





**Irish Heart
Foundation**

Healthy eating is essential for good health. What you eat can either protect you or increase your chances of getting heart disease or having a stroke.

This leaflet will give you tips for a healthy and enjoyable eating plan which is also good for your heart.

The key to healthy eating is to eat a wide variety of foods.



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The Food Pyramid way

The key to healthy eating is to eat a wide variety of foods. Using the Food Pyramid (on page 5) as a guide will help make sure you get all the vitamins, minerals and goodness you need from your food. Choose most foods from the bottom two shelves, smaller amounts from the next two shelves and the smallest amount from the next shelf. Foods on the top shelf are high in fat, salt and sugar and are not necessary in the diet. Limit to no more than one serving a day maximum and ideally not every day.

The number of servings you need each day (for adults and children over five years) is given for each shelf on the Food Pyramid. Choose whatever foods you like to make up the total number from each shelf.

Does your diet add up?

Do the foods you eat every day add up to the Food Pyramid way? Just write down everything you had to eat or drink yesterday. Then add up the number of servings for each shelf and compare them with the servings on the Food Pyramid. How did you do? What changes could you make?

Use the Food Pyramid to plan your healthy food choices every day and watch your portion size.

Tips for each shelf of the Food Pyramid

Breads, cereals, potatoes, pasta and rice *(3-5 or more servings a day)*

These foods are high in energy, but low in fat. It's what you put on bread or the sauce you use with pasta or rice that makes them high in fat. Choose mostly wholegrain and wholemeal varieties of bread, rolls and breakfast cereals. Try leaving the skin on potatoes.

Fruit and vegetables *(5 or more servings a day)*

Fruit and vegetables are almost fat-free, packed with vitamins, minerals and fibre. Overcooking vegetables destroys vitamins. Try steaming, microwaving or boiling vegetables in a little water with the saucepan lid on. Frozen vegetables are just as good as fresh. Try the many ways of enjoying fruit - fresh, dried, stewed, tinned in its own juice or as fruit-juice.



Milk, cheese and yoghurt *(3 servings a day for young children and adults. Children aged 9-18 years need 5 servings a day)*

These foods are good sources of calcium and vitamin D for strong bones and protein, the building block for all parts of the body. Choose low-fat varieties, especially if you are overweight or have high cholesterol. Low-fat options contain the same amount of calcium as full-fat varieties.

The Irish Heart Foundation recommends that you are physically active for at least 30 minutes on five days of the week. Rather than one continuous session, you can build up 30 minutes or more of activity over two to three shorter sessions. For best results, do something you enjoy.

If you are trying to lose weight, you need to be active for a longer period of time. The goal is for 60 to 75 minutes at a moderate intensity on 5 days a week or to spread the 300 minutes or more over the whole week. This will take some time and determination to build into your routine.

Low-fat cooking for a healthy heart

- Oven-bake, grill, poach, stir-fry or dry-fry food with an oil spray instead of frying.
- If you are using oil, measure out the oil with a spoon, rather than pouring the oil. Use one teaspoon of oil per person when cooking.
- Buy the leanest mince that you can and drain off the fat, while cooking.



- For your main meal, 100-150g/4-6oz of cooked lean meat or poultry is equal to two servings from this shelf of the Food Pyramid and is all an adult requires per day. This is about the width and depth of the palm of your hand.
- Add plenty of vegetables to stews, casseroles, curries, sweet and sour, stir-fry and other dishes.
- Use tomato based sauces instead of creamy sauces.
- Use low fat-milk and low-fat cheese.
- Use light mayonnaise in coleslaw and salad dressing sparingly.

Please make a donation today

The Irish Heart Foundation is Ireland's national charity dedicated to the reduction of death and disability from heart disease and stroke. Over 90% of our funding comes from public and business donations. We depend on your goodwill and generosity to continue our work.

If you found this booklet useful, please help our charity to continue to provide heart & stroke information by donating today.

You can make your donation today:

By post: Irish Heart Foundation
17-19 Rathmines Road Lower, Dublin 6.

Online: www.irisheart.ie

By phone: 01 6685001

Personal Details

Name: _____

Address: _____

Email: _____

Phone: _____

Mobile: _____

Credit or debit card (one off donation)

Amount:

€250* €100 €50 €25 Other € _____

Card Number:

Exp Date: / Security Code**:

Signature: _____ Date: ____ / ____ / ____

* If you donate €250 in one year (or €21 per month) we can claim tax back at no cost to you.

** Last 3 digits on the signature strip on the reverse of our card.

The Irish Heart Foundation is committed to best practice in fundraising and adheres to the **statement of guiding principles for fundraising** promoting transparency, honesty and accountability. Any personal information you provide will be held in accordance with the Data Protection Acts 1988 and 2003.

SEPA Direct Debit Mandate

Unique Mandate Reference:

Creditor Identifier: IE02ZZZ306322

By signing this mandate form, you authorise (A) the Irish Heart Foundation to send instructions to your bank to debit your account and (B) your bank to debit your account in accordance with the instruction from the Irish Heart Foundation.

As part of your rights, you are entitled to a refund from your bank under the terms and conditions of your agreement with your bank. A refund must be claimed within 8 weeks starting from the date on which your account was debited. Your rights are explained in a statement that you can obtain from your bank.

Please complete all the fields below marked*

*Bank Name: _____

*Address: _____

*Account Number (IBAN): _____

*Swift BIC: _____

Creditor Name: **IRISH HEART FOUNDATION**

Creditor Address: **17-19 RATHMINES ROAD LOWER, DUBLIN 6**

*Type of Payment: Recurrent (Monthly) One-off Payment

* Signature: _____ *Date Signed: _____

Please return completed form to the Irish Heart Foundation.

My monthly instalment amount is:

€21* €18 €15 €10 Other € _____ per month

*A regular gift of €21 per month could be worth an additional €9 from the Revenue Commissioners per month at no extra cost to you.

Your first contribution will be taken on either the 2nd or the 20th of the next available month. Please select which date you prefer.

2nd 20th

You will be notified in writing ten days in advance of your first direct debit. If you wish to cancel within 7 days of a direct debit payment please contact your own bank.

Preferences

I would like to hear about other IHF events, activities, awareness campaigns and appeals. Yes

Do you need a postal receipt: Yes No

Registered Charity Number: CHY 5507
Source Code: APP00248

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Irish Heart Foundation

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Funding:

The Irish Heart Foundation is the national charity fighting heart disease and stroke and relies on charitable donations for 90 per cent of its funding. We support, educate and train people to save lives, campaign for patients, promote positive health strategies, support research and provide vital public information. We need your support - through donations, as a volunteer or on our training courses.

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Published by the Irish Heart Foundation in 2013. For more information, contact the Irish Heart Foundation or your local HSE office:



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