

HEALTHY EATING GUIDE

EACH DAY AIM FOR:

6 SERVINGS BREADS AND CEREALS

- Choose wholemeal or wholegrain varieties of breads and cereals
- Enjoy cereals with low-fat milk or fruit and avoid adding sugar
- Enjoy breads, use spreads sparingly and choose low sugar/fat/salt spreads, e.g. cottage cheese or hummus

5 SERVINGS FRUIT AND VEGETABLES

- Raw fruit and vegetables can be eaten often as a snack or part of a meal
- Servings can also include canned options (avoid syrup canned fruit and always drain the contents of the can)
- Only a little water is required for cooking vegetables
- Add little or no sugar, salt or fat when preparing fruit and vegetables

2 SERVINGS MILK AND MILK PRODUCTS

- Buy low-fat or reduced fat products
- Soy milk or soy milk products can be substituted for milk or milk products
- Low fat cottage cheese is a good low fat option for cheese

1 SERVING LEAN MEAT, FISH, CHICKEN, DRIED BEANS, NUTS OR EGGS

- Buy an average of 120g uncooked meat per person
- Remove fat from meat
- Remove skin from chicken
- Grill, bake, boil, steam or microwave
- Limit eggs to three per week if you have raised blood cholesterol – poached or boiled is best
- Choose canned fish in spring water, not in brine (salty water)

1-2 TABLESPOONS FATS OR OILS

- Replace saturated fats with polyunsaturated or monounsaturated margarine or oils (e.g. canola oil, olive oil)
- Replace butter with low fat margarine, and use sparingly
- Use small amounts of fats or oils in cooking if needed
- Choose low fat salad dressings and sauces

ONE SERVING IS:

- 1 slice bread
- 1 bread roll or bun
- 1 cup ready-to-eat breakfast cereal
- 1/2 cup muesli
- 1 cup cooked porridge
- 1 cup cooked rice or pasta

- 1 medium fruit (e.g. apple or banana)
- 2 small fruits (e.g. plums or apricots)
- 1/4 cup dried fruit (e.g. raisins)
- 1/2 cup raw, cooked or canned fruit or vegetables
- 1 medium cooked potato, kumara or taro (135g)
- 3/4 cup cooked dried beans

- 1 glass low fat milk (250ml)
- 1 carton low fat yoghurt (150g)
- 2 thin slices reduced fat cheese (40g)

- 2-3 slices cooked meat
- 1 small steak (should fit in the palm of your hand)
- 1 medium fillet of fish
- 1 chicken leg or 2 drumsticks
- 3/4 cup cooked dried beans
- 1/3 cup nuts or seeds (20g)
- 1 egg



LIMIT OR AVOID FATTY, SUGARY, SALTY FOODS

HEALTHY EATING TIPS

CHOOSE HEALTHY OPTIONS AND ENJOY YOUR FOOD – YOU CAN DO BOTH!

- Eat fruits and/or vegetables at every meal and choose them for snacks too. Enjoy them in a variety of colours – reds, oranges, yellows, greens, blues and purples! In this way you'll be sure to take in a wide range of nutrients.
- Eat wholegrain breads (brown, wholemeal, multi-grain) and high-fibre cereals such as porridge or unprocessed muesli. Check labels and where possible choose products with low sugar, salt and fat content.
- Try to include fish, legumes (dried peas, beans, lentils), soy products, or a small serving of lean meat or poultry (skin removed), at one or more meals each day.
- Choose low-fat (trim) milk, low-fat dairy or soy products, every day. Use low fat margarine rather than butter.
- Choose fresh rather than processed food. If eating ready meals or processed foods, check the labels on the package and choose products low in fat, sugar and salt.
- When cooking or preparing foods use only small amounts of unsaturated oils (e.g. canola oil, olive oil) and limit or avoid adding sugar and salt in your cooking.
- A handful of nuts, seeds and dried fruit make good snack substitutes for potato chips, sweets and biscuits.
- Drink plenty of fluids each day. Water or low-fat milk are good choices.

LIMIT, AVOID, OR HAVE ONLY AS AN OCCASIONAL TREAT...

- Fatty, salty, sugary foods, including sweet bakery products, pastries, potato chips and takeaways.
- Products high in dairy fat (e.g. cream, butter) and meat fat (e.g. sausages). Trim all visible fat off meat and remove skin from chicken.
- Deep fried foods, alcohol, sugary drinks (e.g. soft drinks and cordials).
- Sweets, chocolates, jams, honey, rich desserts.

ABOUT SALT

1. To reduce risks of stroke or secondary stroke, it is important to reduce your intake of salt. Too much salt in the diet can lead to high blood pressure, a major risk factor for stroke. Avoid adding salt to food and check food labels on processed foods to choose lower salt options. About 75% of the salt we eat comes from processed foods!
2. Salt is sodium chloride and on food labels it is usually listed as sodium. When choosing food products keep in mind the following:
 - Low salt foods are those which contain less than 120mg of sodium per 100g of food
 - Medium salt foods contain between 120 and 600mg of sodium per 100g of food
 - High salt foods contain more than 600mg of sodium per 100g of food.*
3. Use herbs, spices, lemon juice, garlic or other non-salt flavourings instead of salt to flavour food.

Remember that even with low salt foods, the more you eat of these foods the more salt you will be consuming.

*For more information on salt and reading food labels check out our Slash the Salt leaflet at: www.stroke.org.nz/resources/slash-the-salt