

Good HEART Food

Eat fish

Oily fish are a great source of omega-3 fats. These help your heart beat more regularly and prevent your blood from clotting.

Help your heart to stay healthy by eating at least 1 portion of oily fish and 1 portion of white fish a week.

Very high source of omega-3 fats

- Mackerel - fresh or frozen
- Kippers - fresh or frozen
- Pilchards - canned in tomato sauce
- Ripper - fresh or frozen
- Tuna - fresh or frozen
- Trout - fresh or frozen
- Mackerel - smoked

Don't break the bank. Canned fish is cheap and convenient. Buy fresh fish in season. Look for special offers on fresh, frozen or canned fish.

1 portion = 100g (4oz) of fresh, frozen or smoked fish. Canned fish: 1 small or 1/2 medium tin, or 1/2 large tin.

Repasped oil also contains omega-3 fats. Use a little in cooking, salad dressing, or mix with a low-fat spread. Many vegetable oils are repasped - check the label.

Low source

- Mackerel - canned in curry, mustard, tomato sauce or brine
- Salmon - fresh or frozen
- Sardines - canned in tomato sauce
- Herring - pickled
- Sardines - canned in oil
- Herring - fresh or frozen
- Pilchards - canned in brine
- Pilchards - canned in oil
- Salmon - canned in brine (pink or red salmon)
- Salmon - pasta dishes
- Salmon - smoked
- Herring - canned in tomato or mustard sauce
- Trout - smoked
- Sweetfish
- Salmon - fish cakes
- Salmon - potato-topped pies
- Salmon - pâté
- Tuna - canned in oil
- Crab - canned in brine
- Fish Paste (oily types e.g. bhoatar, crab, salmon, sardine)
- Cod - fresh or frozen
- Fish Cakes (white)
- Cod in sauce
- Haddock - fresh or frozen
- Fish Fingers (white)
- Tuna - canned in brine or water

EAT FISH poster A3 code 122

A range of new resources produced by the UK Heart Health and Thoracic Dietitians Group of the British Dietetic Association & Comic Company.

Two lively posters and an easy-to-read leaflet promote the main heart-health diet messages and explain the importance of eating more oily fish, mono-unsaturated fats and at least 5 portions of fruit and vegetables every day. Backed up by four tasty recipes on two postcards, and two colourful fridge magnets.

Good heart Food

Eat more oily fish

Use mono-unsaturated fats

Eat more fruit and veg

Help your heart to stay healthy by eating 1 portion of oily fish and 1 portion of white fish a week.

The "omega-3" fat in oily fish helps your heart beat more regularly and prevents your blood from clotting.

It's found in many fish, including mackerel, sardines, pilchard, salmon, tuna (fresh but not tinned) and herring.

If you've had a heart attack or have heart disease, eat at least 2-3 portions of oily fish every week.

Use mono-unsaturated fats (found in olive oil, rapeseed oil, and products made with these oils). Small amounts may be helpful for heart health.

Cut down on saturated fats (found in butter, high fat dairy products, and many processed foods such as cakes, pies and biscuits).

Fruit and veg are low in fat, high in fibre, and contain antioxidants (such as vitamins A, C and E). All of these may help protect your heart.

Look for the words "high in mono-unsaturated" fats on the label.

Eat 5 or more portions every day.

GOOD HEART FOOD poster A3 code 124



GOOD HEART FOOD / EAT FISH fridge magnets
82mm x 52mm
pack of 10 (5 each)
code 140

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EAT FISH postcard A5 code 123

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GOOD HEART FOOD postcard A5 code 125

GOOD HEART FOOD leaflet 4pp A5 code 126

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The Balance of Good Health

People need a good balance of food - enough but not too much of all the nutrients we need for a healthy life. The best way to achieve this is to follow the proportions in this diagram.

Please return to Comic Company, 9 Calbourne Road, London SW12 8LW
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title	unit / pack price	code	quantity	total price
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GOOD HEART FOOD poster	124	£
GOOD HEART FOOD postcard	packs of 50, £5.50	125	£
EAT FISH poster	122	£
EAT FISH postcard	packs of 50, £5.50	123	£
GOOD HEART FOOD/EAT FISH fridge magnets (avail. Jan. 2004)	packs of 10, £4.00	140	£

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