

# Heart Food Prescription:

It's not easy for us to get all the heart healthy fruit and vegetables we need daily. **Each day**, we must **aim** to eat **four times** between **A** and **B**, **change** our grains at **C** and eat **four times** from **D**. See overleaf also for more information.

**A. Legumes:** baked beans, kidney beans, chickpeas, green peas and lentils. Add to any meal.



**B. Leafy green vegetables** are the most protective. Add them to any meal. The darker the green the better. **Other coloured vegetables** e.g. cauliflower, parsnips, pepper, cabbages, butternut squash, potatoes/sweet potatoes, beetroot, carrots. The more colour in the plate, the better.



**C. Change the grain:** Change to **wholegrain** (not wholemeal) when choosing bread (e.g. wholegrain corn, wholegrain wheat or wholegrain spelt bread) and pasta. Try other wholegrains like quinoa with meals. Wholegrain cereal e.g. oats for breakfast. Choose wholegrain (not white) rice.



**D. Fruits:** Whole fruits variety of your choice, the more colour the better. Whole fruit is much healthier than juices.

