



# Shopping for a healthy heart

## At least 5 fibre-rich foods:

- 1.
- 2.
- 3.
- 4.
- 5.

## At least 4 beneficial fats:

- 1.
- 2.
- 3.
- 4.

## Low salt swaps (1 swap each week):

## Usual shopping:

## Always Plan ahead your shops!

Make sure your shopping list includes fibre-rich foods and healthy fats to fuel your body and support a healthy heart.