






	EAT REGULARLY	EAT IN MODERATION OCCASIONALLY	EAT IN MODERATION SPECIAL TREATS	AVOID EATING
Cereal foods 	Wholemeal flour, oatmeal. Wholemeal bread, whole grain cereals, porridge oats, crispbreads, brown rice, wholemeal pasta, commel, untoasted sugar-free muesli. Rice cakes.	White bread. White flour. White rice & pasta. Water biscuits. Wholemeal or oat scone. Teacake. Pancake.	Sugar-coated cereals. Plain semi-sweet biscuits. Ordinary muesli.	Sweet biscuits, cream-filled biscuits, cheese biscuits, croissants.
Fruit & vegetables 	All fresh, frozen, dried & unsweetened tinned fruit. All fresh, frozen, dried & tinned vegetables (especially peas, any canned beans & lentils). Baked potatoes (eat skin). Tofu.	Olives. Oven chips labelled 'cooked in sunflower oil and 40% less fat' (grill if possible). Avocado.	Fruit in syrup. Crystallized fruit. Chips & roast potatoes cooked in suitable oil.	Deep-fat-fried chips, roast potatoes. Crisps & savoury snacks.
Nuts 	Chestnuts. Walnuts. Pinenuts.	Pistachio nuts. Pecan. Almonds. Sesame or sunflower seeds.	Peanuts & most other nuts, e.g. hazelnuts, brazil nuts, cashew.	Coconut.
Fish 	All fresh & frozen fish, e.g. cod, plaice, herring, mackerel. Tinned fish in brine or tomato sauce, e.g. sardines, tuna.	Fish fried in suitable oil. Fish fingers or fish cakes (grilled).	Prawns, lobster, crab, oysters, molluscs, winkles. Fish tinned in oil (drained).	Fish roe, taramasalata. Fried scampi.
Meat 	Chicken, turkey (without skin). Veal. Rabbit. Game. Soya protein meat substitute. Very lean red meat.	Lean beef, pork, lamb, ham & gammon. Very lean minced meat.	Liver, kidney, tripe, sweetbreads. Grilled back bacon. Duck (without skin). Low-fat pâté.	Sausages, luncheon meats, corned beef, pâté, salami, streaky bacon, burgers, goose, meat pies & sausage rolls, pasties, Scotch eggs. Visible fat on meat. Crackling, chicken skin.
Eggs & dairy foods 	Skimmed milk, soya milk, powdered skimmed milk. Cottage cheese. Low-fat curd cheese. Low-fat yoghurt. Egg white. Low-fat fromage frais.	Semi-skimmed milk. No more than 3 whole eggs per week including those in baked items, e.g. cakes, quiche, flans.	Medium-fat cheeses, e.g. Edam, Camembert, Gouda, Brie, cheese spreads. Half-fat cheeses labelled 'low fat'. Sweetened condensed skimmed milk.	Whole milk & cream. Full-fat yoghurt. Cheese, e.g. Stilton, Cheddar, cream cheese. Evaporated or condensed milk. Imitation cream. Excess eggs, i.e. more than 4 per week.
Fats 	Small amounts only – see next column. Fat substitute.	Margarine & shortening <u>labelled 'high in polyunsaturates' or 'monounsaturates'</u> . Corn oil, sunflower oil, soya oil, safflower oil, grapeseed oil, olive oil, peanut (ground nut) oil. Reduced-fat & low-fat spreads.		All margarines, shortenings & oils <u>not labelled 'high in polyunsaturates' or 'monounsaturates'</u> . Butter, lard, suet & dripping. Vegetable oil or margarine of unknown origin. All spreads not labelled 'low fat'.
Pastries & soups 	Jelly (low sugar). Sorbet. Fat-free homemade soups.	Pastry, puddings, cakes, biscuits, sauces, etc. made with wholemeal flour & fat or oil as above. Low-fat ready-prepared meals.	Packet soups. Non-dairy ice cream. Custard mix made with water or skimmed milk.	Pastries, puddings, cakes & sauces made with whole milk & fat or oil as above. Suet dumplings or puddings. Cream soups.
Sweeteners, jams & spreads 	Marmite, Bovril, chutneys & pickles. Sugar-free artificial sweeteners. Low-fat jam & marmalade.	Fish & meat pastes. Peanut butter. Jam, marmalade, honey. Low-fat soft cheese. Low-fat spreads.	Boiled sweets, fruit pastilles & jellies.	Chocolate spreads. Chocolates, toffees, fudge, butterscotch, carob chocolate. Coconut bars.
Drinks 	Freshly made tea, coffee (not too many, not too strong!), mineral water, fruit juice (unsweetened).	Alcohol.	Sweetened drinks. Squashes, fruit juice (sweetened). Malted milk or hot chocolate drinks made with skimmed milk.	Whole milk drinks. Cream-based liqueurs. Coffee whitener.
Sauces & dressings 	Herbs, spices, Tabasco, Worcestershire sauce, soy sauce, lemon juice. Garlic, pepper.	Homemade salad dressings & mayonnaise made with suitable oils as above.	'Low-fat' or 'low-calorie' mayonnaise & dressings. Parmesan cheese.	Ordinary or cream dressings & mayonnaise.

Note: If you are overweight, foods high in sugar should be avoided and intake of suitable fats and oils strictly limited.

1. **EAT REGULARLY** – Choose from this group daily.

2. **EAT IN MODERATION** – Occasionally = moderate amounts 2–3 times per week. Special treats = moderate amounts once a week or less.

Source: Family Heart Association.