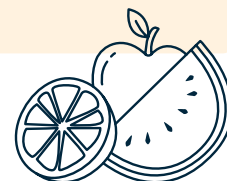


Foods That Support Heart Health

Recommendations for a heart-healthy diet

Foods	Highly recommended	Tend to avoid
Fruits 3–5 servings per day	All low-sugar fruits such as berries, clementines, grapefruit, kiwi, nectarines, oranges, and many more Fruits high in sugar should be eaten in moderation: pineapple, banana, pear, honeydew melon, persimmon, mango, grapes, sweet cherry	Sugared tinned fruit and fruit purée, candied fruit
Vegetables at least 4 servings per day	Almost all vegetables, particularly lamb's lettuce, kale, garlic, horseradish, spinach, beetroot, asparagus, white beans, peas, lentils and mushrooms	Corn, tinned vegetables (high in salt)
Legumes several times a week, at least 300 g	All varieties, whether dried, tinned or frozen	Sugared legumes
Bread, Cereals & Side Dishes 4 servings per day	Wholemeal bread and rolls, porridge, spelt flakes, sugar-free muesli, wholemeal pasta, wholemeal rice, jacket potatoes	White bread and toast, rusks, wheat and milk rolls, croissants, durum wheat pasta, par-boiled rice, chips, pancakes, potato pancakes
Nuts & Seeds 30–40 g per day	Natural almonds, walnuts, hazelnuts, cashews, macadamia nuts, pine nuts, pumpkin seeds, flax and chia seeds, nut butters, sunflower seeds	Salted nuts, roasted almonds
Fats & Oil 2 tbs per day	Olive oil, rapeseed oil, walnut oil, hemp oil, linseed oil Occasionally: butter	Pork and goose lard, palm oil, mayonnaise, safflower oil



Foods	Highly recommended	Tend to avoid
<p>Fish & Sea Food 2 servings per week</p>	<p>Fish (fresh or frozen); in particular salmon, mackerel, herring</p> <p>Less recommended (high in salt): smoked fish, tinned products, Bismarck herring, salted herring, matjes</p>	<p>Fish marinated in mayonnaise or cream</p>
<p>Eggs several times per week</p> <p>Milk & Dairy Products 250 g per day</p> <p>Cheese 2 slices (50–60 g) per day</p>	<p>Milk (1.5% fat), buttermilk, quark (up to 20% fat), natural yoghurt (1.5% fat), kefir</p> <p>Cheese with up to 45% fat by weight: Harzer cheese, grainy cream cheese, semi-hard cheese, soft cheese, feta cheese, mozzarella</p>	<p>Mayonnaise, cream, sour cream and crème fraîche, sweetened ready-made products such as custard, rice pudding, fruit yoghurt, fruit quark</p>
<p>Meat & Sausages max. 1–2 small servings per week</p>	<p>Lean meat, such as sliced turkey breast, chicken, and turkey</p>	<p>Red meat, pork, all sausages and processed meats such as meatloaf/liver loaf</p>
<p>Snacks & Sweets occasionally, max. 1 small handful per day</p>	<p>Dark chocolate (min. 70% cocoa), fruit, oatmeal biscuits, popcorn, chocolate-coated fruit</p>	<p>Sweets, sweet baked goods, sweet dairy products, ice cream, crisps, savoury biscuits</p>
<p>Drinks 1,5–2 Liter per day</p>	<p>Water, unsweetened herbal tea</p> <p>2–3 cups per day: coffee, black or green tea</p>	<p>Milk-based drinks (see above), alcohol, fruit juices, soft drinks</p>

