



**Eating well is an important part of staying healthy and feeling your best. In the long term it can also help reduce your risk of coronary heart disease (CHD), strokes, diabetes and certain forms of cancer.**

Healthy eating can be simple too – just follow our top ten tips to get started.

## 1 Have regular meals

Planning regular meals will help you eat more healthily and stop you snacking in between meals. It's especially important to start the day with breakfast.

## 2 Eat five portions of fruit and vegetables a day

Fruit and veg contain vitamins and minerals which your body needs to keep healthy. There are five ways to get your five a day: fresh, frozen, dried, juiced or tinned (in juice or water).

## 3 Cut down on fat, especially saturated fat

Fats and oils are high in calories so only use them in small amounts. It's especially important to avoid saturated fats as they can raise the amount of cholesterol in your blood.



## 4 Eat less salt

Too much salt can increase your risk of high blood pressure, which increases your risk of CHD. The recommended amount of salt for adults is 6g a day (about a teaspoon). Most of the salt we eat is 'hidden' in foods so always check the labels.

## 5 Eat more fish

Oily fish such as salmon, sardines and pilchards contain omega-3 fats which can help keep your heart healthy. You should try to have one or two portions of oily fish a week.

## 6 Keep an eye on portion sizes

It's very easy to eat too much so check labels for recommended portion sizes and don't go back for leftovers.

## 7 Swap your snacks

Always keep healthy snacks like fruit and low fat yoghurt to hand and don't snack when you're distracted.

## 8 Think about drinks

Drinking is an important part of keeping healthy so aim for around 6 to 8 drinks a day. Avoid fizzy drinks full of sugar and remember too much alcohol can be harmful to your health.

## 9 Be a savvy shopper

To help you make healthier choices when you're shopping, always write a list, check the labels and avoid those tempting offers on unhealthy foods.

## 10 Eat smart when eating out

Planning what you're going to have in advance and saying no to extra salt, cheese, mayonnaise, dressings and sauces will help you stay healthy when you're out and about.



For more information and advice about healthy eating, check out [bhf.org.uk/eatingwell](https://www.bhf.org.uk/eatingwell)