



British Heart  
Foundation

**10 MINUTES TO  
CHANGE YOUR LIFE**  
Your challenge



**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

# Time to eat well

## Your 10 minute challenge

Take ten minutes every day for a week to track if you're eating enough fruit and veg and see if the foods you're eating are high in salt or saturated fat.

You're in control – by taking the time to make small changes to your lifestyle, you can help keep your heart healthy – and change your life.

Day	How many portions of fruit/veg did you eat?	Check the labels: What foods did you eat that were high in saturated fat?	Check the labels: What foods did you eat that were high in salt?
1			
2			
3			
4			
5			
6			
7			

A healthy diet is for life. Look back over the past week - what changes can you make and stick to?

Set yourself a goal that helps you move towards a healthier heart. Put a number to it and choose a date to complete it.

**Example:** I will eat five portions of fruit and veg every day for the next week.

Target date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_