

For more information on using the food cards, discussion guides and handy hints and tips, please visit bhf.org.uk/healthyheartskit

Food card	Food group (eatwell plate)	Description
ackee	Fruit and vegetables	A fruit often eaten as a main dish. It has a soft texture, similar to scrambled eggs.
alcoholic drinks	Miscellaneous	There are many types of alcoholic drinks, often classed as beers, wines and spirits.
aubergine / garden eggs	Fruit and vegetables	Vegetables, eaten cooked. Aubergines are available in a wide variety of shapes, colours and sizes. Garden eggs are usually cream-coloured and egg-shaped.
avocado	Fruit and vegetables	A fruit with green flesh and a large stone.
baked beans	Meat, fish, eggs, beans and other non-dairy sources of protein	Commercial varieties are usually made from haricot beans, then mixed with a tomato sauce and canned.
banana	Fruit and vegetables	A fruit that comes in a variety of sizes and colours.
banoffie pie	Foods and drinks high in fat and/or sugar	A dessert made from bananas, cream, toffee (boiled condensed milk) on a pastry or biscuit base.
bara brith	Breads, rice, potatoes, pasta and other starchy foods	A Welsh tea bread or cake made with fruit and spices.
beef patty	Miscellaneous	A savoury pastry, commonly found in Jamaica and traditionally filled with seasoned ground beef.
biryani (lamb)	Miscellaneous	A rice-based dish made with lamb and spices.
Bombay mix	Foods and drinks high in fat and/or sugar	A snack, which contains a mixture of dried ingredients including lentils, chickpea flour noodles and peanuts, flavoured with salt and spices.
bran flakes	Breads, rice, potatoes, pasta and other starchy foods	A type of breakfast cereal made from wholewheat and wheatbran.

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breadfruit	Fruit and vegetables	A large, creamy-fleshed, starchy tropical fruit with an inedible rough green skin.
brown sugar	Foods and drinks high in fat and/or sugar	This is made from sugar cane, sugar beet, or by adding colour to white sugar.
butter	Foods and drinks high in fat and/or sugar	A dairy product, made by churning cream or milk. Generally used as a spread and in cooking.
butteries	Breads, rice, potatoes, pasta and other starchy foods	Savoury Scottish bread rolls, also known as rowies, rollies or Aberdeen rolls. They have a flaky texture and a salty, buttery taste.
carrot halwa	Foods and drinks high in fat and/or sugar	A rich creamy South Asian sweet made with milk, nuts, carrots and ghee.
cassava	Breads, rice, potatoes, pasta and other starchy foods	A starchy root vegetable used like a potato. Under the rough inedible skin, the flesh is either white or yellowish.
cereal bar	Miscellaneous	A snack bar, often made with oats, sugar and nuts.
champ	Breads, rice, potatoes, pasta and other starchy foods	An Irish dish of mashed potato, spring onions, butter, milk and seasoning.
chapati	Breads, rice, potatoes, pasta and other starchy foods	A round, thin unleavened flatbread from India, traditionally made with wholemeal flour. Oil can be added to the dough.
Cheddar cheese	Milk and dairy foods	A full-fat cow's milk cheese.
chicken curry with sauce	Meat, fish, eggs, beans and other non-dairy sources of protein	Chicken cooked in a sauce made with a variety of spices.
chicken wings, (BBQ sauce)	Meat, fish, eggs, beans and other non-dairy sources of protein	These are often marinated in sugar, spices and ketchup before cooking.

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chickpeas	Meat, fish, eggs, beans and other non-dairy sources of protein	Small legumes, which are dried or canned.
chips	Breads, rice, potatoes, pasta and other starchy foods	Sliced potatoes, deep-fried or oven-baked. The cooking method will affect the overall total and saturated fat content.
chocolate	Foods and drinks high in fat and/or sugar	Made from roasted and ground cocoa beans, mixed with additives such as sugar and milk.
coconut drop	Foods and drinks high in fat and/or sugar	A popular Caribbean sweet made from coconut, ginger and sugar.
coconut milk	Foods and drinks high in fat and/or sugar	The extract of freshly grated coconut flesh.
coconut rice	Breads, rice, potatoes, pasta and other starchy foods	Rice cooked in coconut milk and/or fresh coconut flakes.
coleslaw	Foods and drinks high in fat and /or sugar	Mainly shredded cabbage, mixed with other shredded vegetables, and a dressing such as mayonnaise.
condensed milk	Foods and drinks high in fat and/or sugar	Cooked whole milk and sugar.
cornmeal	Breads, rice, potatoes, pasta and other starchy foods	Flour ground from dried maize.
couscous	Breads, rice, potatoes, pasta and other starchy foods	A granular type of pasta made by sprinkling durum or hard wheat semolina grains with cold salted water and rolling and coating them in fine wheat flour.
cream cheese	Milk and dairy foods	A fresh (unaged) cheese made from a mixture of cream and milk.
cream (single)	Foods and drinks high in fat and/or sugar	This comes from the milk fat naturally found in milk.
crisps	Foods and drinks high in fat and/or sugar	Snacks made from thin slices of potato (or other root vegetables such as sweet potato or beetroot). They are either deep-fried or oven-baked.

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cured meats	Meat, fish, eggs, beans and other non-dairy sources of protein	Meat which is preserved by using salt, sugar and nitrates.
currant bun	Breads, rice, potatoes, pasta and other starchy foods	A small square-shaped bun containing currants, sultanas or raisins.
dried apricots	Fruit and vegetables	Loose-stoned fruit, which have been dried.
eggs	Meat, fish, eggs, beans and other non-dairy sources of protein	Hens' eggs have a yellow yolk surrounded by a white clear liquid (albumen).
fish fingers	Meat, fish, eggs, beans and other non-dairy sources of protein	A processed food made from white fish covered in breadcrumbs. They can be baked, grilled or fried.
fizzy drink (containing sugar)	Foods and drinks high in fat and/or sugar	Drink containing water and flavouring which is carbonated. Often sweetened by sugar and/or sweeteners and may contain caffeine.
fried dumplings	Breads, rice, potatoes, pasta and other starchy foods	Balls of dough (flour, water and salt) which are then fried.
frozen vegetables	Fruit and vegetables	A wide variety of commercially frozen vegetables are available.
full fat milk	Milk and dairy foods	Full fat, or 'whole milk', contains 3.5% fat or more.
ghee	Foods and drinks high in fat and/or sugar	Clarified butter used in South Asian cooking.
gherkins	Miscellaneous	A small variety of cucumber pickled in vinegar or brine.
ginger cake	Foods and drinks high in fat and/or sugar	A sweet sticky cake made with ginger.
grilled chicken breast	Meat, fish, eggs, beans and other non-dairy sources of protein	A good source of lean protein when grilled without the skin.

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haggis	Meat, fish, eggs, beans and other non-dairy sources of protein	A Scottish sausage or savoury pudding cooked in a casing (traditionally sheep intestine). It contains sheep's offal, oatmeal, suet and spices.
herbs and spices	Miscellaneous	Used in cooking to add flavour and/or colour.
ice-cream	Foods and drinks high in fat and/or sugar	A frozen dessert usually made from milk, cream and sugar.
jerk chicken with rice and peas	Miscellaneous	Chicken seasoned and cooked in a jerk sauce, served with rice and kidney beans.
jerk seasoning	Miscellaneous	A hot spice mix used to dry-rub or wet marinade meat (often pork or chicken).
ketchup	Miscellaneous	Also called tomato sauce. A popular sweet and sour sauce made from tomatoes, sugar, vinegar, seasonings and spices.
lassi (sweetened)	Milk and dairy foods	A traditional yoghurt-based drink of India and Pakistan. It can be savoury, or sweetened with sugar or fruit.
lean lamb	Meat, fish, eggs, beans and other non-dairy sources of protein	The meat of a young sheep. Choose lean cuts and mince.
leek and potato soup	Miscellaneous	A classic winter soup made from leeks, potatoes, seasoning/stock and milk or cream.
lentils	Meat, fish, eggs, beans and other non-dairy sources of protein	A type of pulse that come in a wide variety of colours and sizes. They're eaten cooked and are a good source of protein.
liver/kidney	Meat, fish, eggs, beans and other non-dairy sources of protein	Liver and kidney, from a variety of farmed animals including lamb, calf, chicken and pig are widely available in the UK.
Lorne sausage (square sliced sausage)	Meat, fish, eggs, beans and other non-dairy sources of protein	Also known as slices, and as flat or square sausage. This Scottish speciality is made from pork and/or beef.

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low-fat spread	Foods and drinks high in fat and/or sugar	Contains up to half the fat of butter or margarine.
mackerel	Meat, fish, eggs, beans and other non-dairy sources of protein	A firm-fleshed, oil-rich fish containing omega-3 fatty acids.
mango	Fruit and vegetables	A fruit, typically with orange sweet flesh and a large stone. The ripe fruit can vary in size and colour.
mayonnaise	Foods and drinks high in fat and/or sugar	A thick sauce or dressing made by beating oil with egg yolk.
milk drink (nutritionally enriched)	Miscellaneous	Popular canned or bottled drink, made from enriched whole milk. Available in a variety of flavours.
mutton curry	Meat, fish, eggs, beans and other non-dairy sources of protein	A curry made with meat from an adult sheep cooked in a spiced sauce.
naan	Breads, rice, potatoes, pasta and other starchy foods	A popular South Asian thick flatbread traditionally cooked in a tandoor.
okra	Fruit and vegetables	Also known as ladies' fingers, this vegetable is frequently used in Indian, Middle Eastern and Caribbean cookery.
olive oil	Foods and drinks high in fat and/or sugar	A rich, fruity oil made from pressed olives.
pakora	Foods and drinks high in fat and/or sugar	A fried South Asian snack made from a combination of ingredients (onion, plantain etc) deep fried in a gram (chickpea) flour batter.
palm oil	Foods and drinks high in fat and/or sugar	An oil extracted from the pulp of the oil palm. It contains saturated fats.
paneer	Milk and dairy foods	A common South Asian curd cheese.

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pasta	Breads, rice, potatoes, pasta and other starchy foods	Made from a dough of flour, water and sometimes oil, formed into a wide range of shapes and then dried.
peanut butter	Foods and drinks high in fat and/or sugar	A spread made from roasted peanuts, ground to a paste. Sometimes contains additional salt, sugar or oil.
peppers (sweet & chilli)	Fruit and vegetables	Fresh chilli peppers come in a wide variety of colours, size and heat intensity. Used to add flavour and/or heat in cooking. Sweet peppers are also available in a variety of colours.
pilchards canned in tomato sauce	Meat, fish, eggs, beans and other non-dairy sources of protein	A small oil-rich fish cooked in a tomato sauce then canned.
pizza (vegetarian)	Miscellaneous	An oven-baked dough base with a variety of toppings including vegetables, herbs and cheese (often mozzarella).
plantain	Breads, rice, potatoes, pasta and other starchy foods	A starchy, unsweet variety of banana. They can be green, yellow, pink or very dark in colour, depending on variety and ripeness.
porridge oats	Breads, rice, potatoes, pasta and other starchy foods	Oats are a slow energy-release cereal. Porridge is usually made with milk and/or cream, or water.
potato (tattie) scones	Breads, rice, potatoes, pasta and other starchy foods	These are usually made with mashed potato, flour and seasoning. They are popular in Scotland and known as potato bread in Ireland.
potatoes	Breads, rice, potatoes, pasta and other starchy foods	A starchy tuber. There are many varieties with different tastes and textures. Certain varieties will be better for mashing and others for boiling.
prawns	Meat, fish, eggs, beans and other non-dairy sources of protein	Crustaceans available raw or cooked, in or out of their shells.
pumpkin/ squash	Fruit and vegetables	Vegetables belonging to the same family as cucumbers and courgettes. They come in a wide variety of sizes, shapes and colours.

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Quorn™	Meat, fish, eggs, beans and other non-dairy sources of protein	A popular brand of 'mycoprotein' product, used as an alternative to meat.
raisins	Fruit and vegetables	Dried grapes. The term also refers to currants and sultanas. Raisins can vary in size and colour.
rapeseed oil	Foods and drinks high in fat and/or sugar	Light cooking oil produced from the rapeseed plant seed.
rice	Breads, rice, potatoes, pasta and other starchy foods	A grain, which comes in many different varieties.
rice with kidney beans	Miscellaneous	A dish made from kidney beans and rice, which can include other ingredients.
salad, green	Fruit and vegetables	A salad of a variety of green leaves, eg, lettuce, spinach, rocket.
salt	Miscellaneous	A mineral, which is added to food to enhance flavour.
salted fish	Meat, fish, eggs, beans and other non-dairy sources of protein	Dried, salted fish that needs to be re-hydrated and de-salted before use.
shish kebab	Miscellaneous	Meat and vegetables on a skewer, which is then grilled.
skimmed milk	Milk and dairy foods	This contains 0.5% fat or less.
soy sauce	Miscellaneous	Made from fermented soya beans, salt, water and barley or wheat flour. There are many varieties and they vary in consistency and strength of flavour.
soya milk (with added calcium)	Milk and dairy foods	Made by soaking dried soya beans, grinding them with water and then filtering.
spread (with plant stanols/sterols)	Foods and drinks high in fat and/or sugar	A 'functional' food intended to help lower blood cholesterol levels. The active ingredients are plant stanols/sterols.
stock cube (vegetable)	Miscellaneous	Dehydrated vegetable stock packaged in a cube. Includes salt and seasoning.

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sugared juice drink	Foods high in fat and/or sugar	A popular children's drink containing around 10% juice, with artificial sweeteners.
sunflower oil	Foods and drinks high in fat and/or sugar	A light, neutral and pale yellow oil made from sunflower seeds.
sweet potato	Fruit and vegetables	A root vegetable which comes in two types, one with bright orange flesh, the other with pale cream flesh.
tinned fruit in juice	Fruit and vegetables	Fruit prepared and canned in fruit juice. Many fruit varieties and combinations are available.
tofu	Meat, fish, eggs, beans and other non-dairy sources of protein	Made from cooked soya beans. High in protein and calcium.
Ulster fry / fry-up (includes potato bread, soda bread, fried egg, bacon, sausage, black/white pudding)	Miscellaneous	A popular cooked breakfast originating from Ulster. Similar to a 'full English' or 'fry-up'.
unsalted nuts	Meat, fish, eggs, beans and other non-dairy sources of protein	Available as individual or mixed varieties.
unsweetened orange juice	Fruit and vegetables	100% orange juice with no added sugar. May be made from concentrated orange juice, which has been reconstituted using water.
vegetable samosa	Foods and drinks high in fat and/or sugar	A popular pastry snack, filled with spiced cooked vegetables, and often deep-fried.
white fish	Meat, fish, eggs, beans and other non-dairy sources of protein	Fish with light, white, flaky flesh and naturally low in fat.
wholegrain bread	Breads, rice, potatoes, pasta and other starchy foods	Made with wholegrain flour (flour made from the entire cereal grain).

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yam	Breads, rice, potatoes, pasta and other starchy foods	A starchy tuber with a rough inedible skin. It can be boiled, roasted, mashed or fried.
yoghurt (low fat)	Milk and dairy foods	Made from fermented milk. Available in regular, low fat or fat-free varieties and can be plain, or flavoured with fruit or other flavourings.