

Avo-heart with Australian avocados

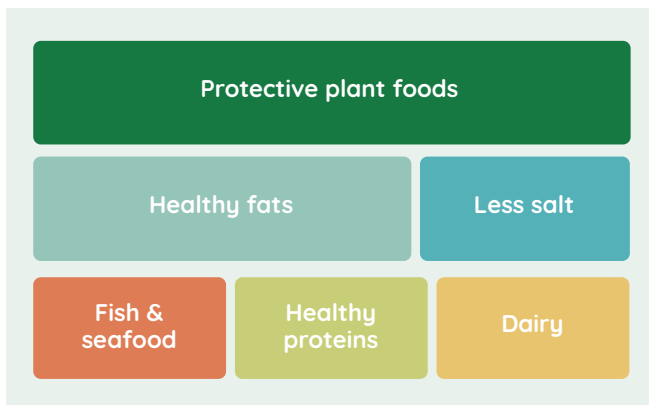
Avocados are a delicious way to love your heart. They are a heart-healthy whole plant food with healthy monounsaturated fats, fibre and polyphenol antioxidants.



What is a heart-healthy eating pattern?

What you eat can make a big difference to your heart health and can be deliciously enjoyable too.

By eating this way you can reduce your heart health risk factors, such as high cholesterol and high blood pressure, and help maintain a healthy weight.



Protective plant foods

Enjoy plenty of plant foods such as vegetables and fruits, wholegrains, pulses and legumes, nuts and seeds:

- Go for 2 serves of fruit and 5 serves of vegetables each day, a rainbow of colours and types including avocado
- Choose wholemeal, wholegrain and high fibre bread, pasta, breakfast cereal, crispbread and crackers, plus brown rice, quinoa and oats
- Enjoy some meat-free meals each week, with pulses and legumes as a healthy protein option
- Add a handful of unsalted nuts and seeds to meals or snacks
- Include soluble fibre-rich foods such as pulses and legumes, oats, barley and psyllium husks to help reduce cholesterol re-absorption



Choose healthy fat foods

Add nuts, seeds, avocados, olives and their oils. These foods contain mostly healthy monounsaturated and polyunsaturated fats.



Opt for healthy proteins

Choose eggs, lean chicken and red meat (but not too much) or give pulses and legumes a go. Enjoy fish and seafood twice a week, including oily fish such as salmon, tuna, trout, anchovies and sardines.



Cut down on salt

Flavour foods with herbs, spices, garlic, lemon juice and vinegars.



Don't ditch dairy

Milk, yoghurt and cheese provide important nutrients. Choose reduced-fat varieties if you have high cholesterol. If you prefer plant-based milk alternatives, choose products with added calcium.



More Australians die of heart disease than any other cause.¹

A healthy, varied diet containing lots of fruits and vegetables, such as avocado, reduces the risk of heart disease.²

The heart-friendly goodness inside avocados

Avocados contain a range of nutrients and phytochemicals that help look after your heart

- Healthy monounsaturated fats
- Fibre, including soluble fibre
- Vitamin E
- Polyphenols and colourful carotenoids
- Potassium

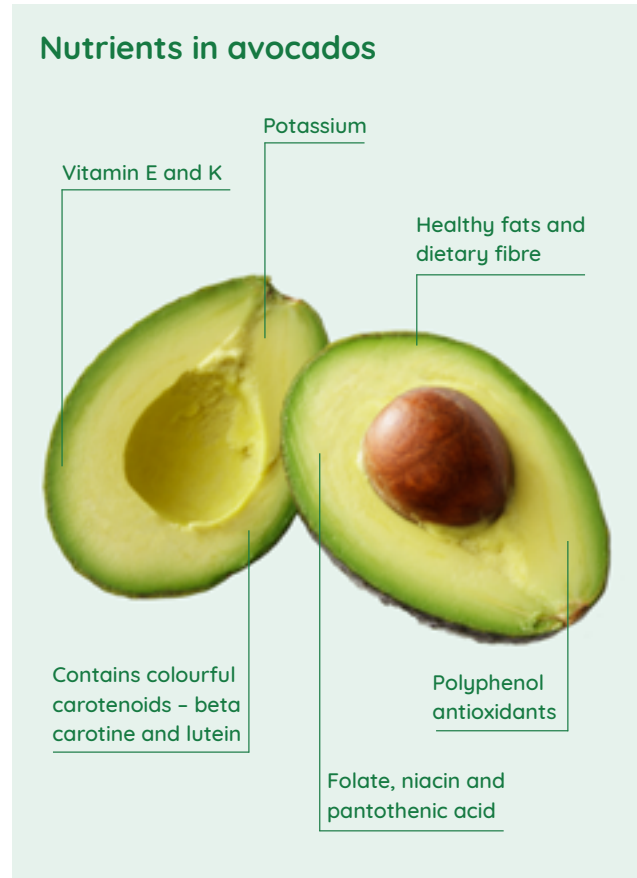
Plus they are:

- Naturally low in sodium and sugars

How avocados help your heart

- Monounsaturated and polyunsaturated fats are best for healthier blood cholesterol levels³
- Avocados contain fibre, including soluble fibre that helps reduce cholesterol re-absorption⁴
- Antioxidant vitamin E helps reduce cardiovascular disease risk⁵
- Polyphenols and colourful carotenoids have antioxidant and anti-inflammatory effects that reduce cardiovascular disease risk⁶
- The potassium in avocados, along with lower sodium intake, helps optimise blood pressure⁷

1. Heart Foundation Australia. Key statistics: coronary heart disease.
 2. FSANZ. Food Standards Code Standard 1.2.7 Health and related claims Schedule 4.
 3. Siri-Tarino PW et al. Saturated fatty acids and risk of coronary heart disease: modulation by replacement nutrients. *Curr Atheroscler Rep* 2010; 12(6): 384-390.
 4. Gunness P et al. Mechanisms underlying the cholesterol-lowering properties of soluble dietary fibre polysaccharides. *Food Funct.* 2010 Nov;1(2):149-55.
 5. Ziegler M et al. Cardiovascular and metabolic protection by vitamin E: a matter of treatment strategy? *Antioxidants (Basel)* 2020; 9(10):935.
 6. Serino A et al. Protective role of polyphenols against vascular inflammation, aging and cardiovascular disease. *Nutrients* 2019; 11(1): 53.
 7. Iqbal S et al. The effect of electrolytes on blood pressure: a brief summary of meta-analyses. *Nutrients* 2019; 11(6): 1362.



Avos speak Mediterranean

Combine the heart-healthy goodness of lentils, tomatoes and extra virgin olive oil with avocados in this Mediterranean style salad that's perfect for lunch or as a side dish.

Avocado Lentil and Tomato Salad



For educational purposes only. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements. © Australian Avocados 2022