



Good for Heart Health





Bad for Heart Health



Overweight



Healthy Weight



Smoking



Fruit



Excess Salt



Vegetables



Wholegrain Foods



Lean Protein



Nuts / Seeds / Pulses



Pies and Pastries



Water 6-8 glasses daily



Low Fat Dairy



Saturated Fat



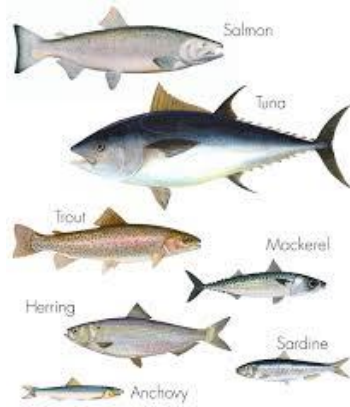
Unsaturated Fats



Olive Oil / Oil Spreads



Fish



Hard Cheese



Cream / Butter



Fried Food



Sweet Treats



Alcohol
More than 14 units per week



Stress



Physical Activity
20-30 minutes daily



Good Quality Sleep

