**WHAT CAN YOU DO TO MAINTAIN A HEALTHY DIET AND REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE?**


**EAT A VARIETY OF FOODS**
- Eat a variety of whole (unprocessed) and fresh foods every day.
- Eat a combination of different foods, including staple foods, legumes, vegetables, fruit and foods from animals sources.

**EAT MODERATE AMOUNTS OF FATS & OILS**
- Use unsaturated vegetable oils.
- Choose white meat and fish over red meat.
- Eat only limited amounts of processed meats.
- Opt for low-fat or reduced-fat versions of milk and dairy products.
- Avoid processed, baked and fried foods that contain industrially produced trans-fat.

**EAT PLENTY OF FRUIT & VEGETABLES**
- Eat at least five portions of fruit and vegetables per day.
- For snacks, choose raw vegetables and fresh fruit.
- When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.

**EAT LESS SALT & SUGARS**
- When cooking and preparing foods, limit the amount of salt and high-sodium condiments.
- Avoid foods that are high in salt and sugars.
- Limit intake of soft drinks or soda and other drinks that are high in sugars.
- Choose fresh fruits instead of sweet snacks.

**BUT...**

Individual responsibility can only have its full effect when people have access to a healthy lifestyle and are supported to make healthy choices.

Supportive environments and communities are fundamental in shaping people’s dietary habits and preferences.