


# How heart-friendly is your food?

Foods that are low in fat, saturated fat and salt are better for your heart. Here's the challenge: Choose some foods that you would eat that are a bit more 'heart friendly'. Put a cross beside the ones you think are definitely heart unfriendly.

 ← **Chip-shop chips**

Salt: low\*  
 Fat: high  
 Saturated fat: high

Heart friendly?

 ← **Oven chips**

Salt: low\*  
 Fat: medium  
 Saturated fat: low

Heart friendly?

\*Salt is low only if you don't add lots when you eat them!

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 **Chicken Korma Curry**

Salt: high  
 Fat: medium  
 Saturated fat: high

Heart friendly?


 **Apple pie**


Heart friendly?

Salt: low  
 Fat: medium  
 Saturated fat: low

Heart friendly?


Salt: high  
 Fat: medium  
 Saturated fat: high

 **BEEF Goulash**

 **TOMATO Soup**

Salt: low  
 Fat: low  
 Saturated fat: low

Heart friendly?

 **Frozen Peas**

Salt: low  
 Fat: low  
 Saturated fat: low

Heart friendly?

 **Pork Pie**

Heart friendly?

Salt: high  
 Fat: high  
 Saturated fat: high



TIP: If a food is high in fat, saturated fat or salt, it may not be as heart friendly as it looks! Too much fat, saturated fat and salt are bad for your heart.