

Patient information

Cardioprotective snack ideas

A cardioprotective diet (a healthy diet high in fibre, fruit and vegetables and oily fish) can help improve blood cholesterol and blood pressure and reduce your risk of having a stroke or heart disease. A high intake of fat and salt can increase your risk of having a stroke or heart disease. Below are some ideas for cardioprotective/healthy snacks that you can include in your diet.

Healthy snacks

- Two rice/oat cakes/ half a bagel with peanut butter/ low fat cheese spread/ cottage cheese
- Carrot, cucumber or celery sticks with cottage cheese/hummus/salsa
- Low calorie hot chocolate made with skimmed milk
- Slice of toast with mashed banana
- Plain or fruit scone and low sugar jam
- Slice of raisin toast / malt loaf / raisin loaf
- Wholegrain English muffin with jam
- Crispbread with low fat cheese and tomato
- Small bowl of wholegrain cereal and skimmed milk
- Small handful of dried fruit
- Small handful of unsalted plain nuts
- Half avocado
- Fruit
- Frozen grapes/berries
- Low fat/sugar yoghurt
- Homemade unsalted popcorn
- Boiled egg

Lower fat cheeses

- Quark
- Cottage Cheese
- Ricotta
- Healthy Eating Cheese Slice
- Light Mozzarella, Light Cream Cheese
- Low Fat Edam, Reduced Fat Brie, Boursin Light/Cheddar

Healthier nuts (higher in monounsaturated fat (good fats))

A portion of nuts is ~15g, or a very small handful. Although these foods contain good fats, they are still high in calories and should be consumed in moderation

- Macadamia
- Hazelnut
- Pecan
- Almond
- Cashew
- Pistachio
- Brazil

Sources of information

British Dietetic association
British Heart Foundation

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team - Tel: 0300 131 4500 Ext: 135860 or by email: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department - Tel: 0300 131 4500

After reading this information are there any questions you would like to ask? Please list below and ask your dietitian or other healthcare professional.

Reference

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Nutrition and Dietetic Department. Tel: 0300 131 4500 Ext: 144172

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