

## Shopping made easy: Heart health

A balanced diet that is low in fat - especially saturated fat - high in fibre and low in salt, along with a variety of fruit and vegetables, helps to reduce cholesterol and keep blood pressure down. We've put together a list of basic shopping items to help you start making the changes required for a balanced diet.

### Our top 10 shopping basket items to base your meals around:

#### essential Waitrose

- Porridge oats
- Low fat strawberry, raspberry and black cherry yogurts
- Natural cottage cheese low fat
- Fruit such as apples, oranges, melons, berries, bananas and kiwi fruit, as well as many more
- Vegetables such as carrots, squash, peas, broccoli and peppers, as well as many more

#### Waitrose LOVE life

- Farmhouse batch multiseed bread
- Walnuts
- Italian bean soup
- Puy lentils & quinoa microwave pouch

#### Waitrose

- Frozen Scottish mackerel fillets



For more information on nutrition and health, visit [waitrose.com/nutrition](https://www.waitrose.com/nutrition).



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