



Updated Heart Foundation Nutrition Position Statements

New Heart Foundation nutrition recommendations on meat, eggs and dairy were released in August 2019, following an extensive review of the available clinical and nutrition evidence on the impacts of meat, dairy and eggs in relation to cardiovascular disease. The news featured in more than 2000 media stories across print, online, radio and TV, reached almost 20 million people, and more than 45,000 people visited the Heart Foundation website.

The key findings can be summarised as follows:

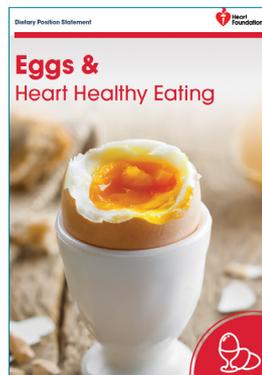
Meat

Unprocessed meat and poultry can be included in a heart healthy eating pattern, but fish and legumes are preferred protein sources, due to their consistent beneficial relationship with heart health. Based on the current evidence, including moderately adverse effects on cardiovascular outcomes and association with weight gain, eating unprocessed red meat should be limited to less than 350g per week. This translates to between 1-3 meals per week, as part of a heart healthy eating pattern. The limit encourages the use of other protein sources in meals, including fish and seafood, legumes, nuts, eggs, poultry and dairy. There is currently no recommended intake for unprocessed poultry, as the evidence suggests a neutral relationship between poultry consumption and cardiovascular disease. Processed meat is not part of a heart healthy eating pattern; it should be limited or avoided.



Eggs

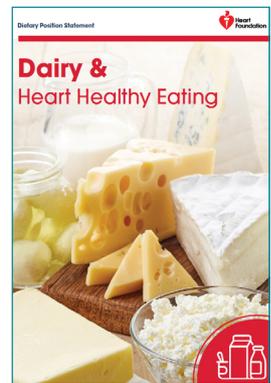
Eggs can be consumed as part of a heart healthy eating pattern that includes vegetables, fruits, legumes, wholegrains, fish, olives, seeds, nuts and oils made from them. Based on current evidence, the relationship between egg consumption and risk of cardiovascular disease is mixed. The evidence suggests that eggs have a neutral relationship with heart health, neither remarkably increasing or decreasing risk in the general population. For example, eggs do not make healthy diets healthier compared to foods that decrease risk, including fruits, vegetables and wholegrains. However, eggs can be a healthy snack option, contribute to healthy meals and are preferred over discretionary foods. There is evidence of risk for cardiovascular



disease in people with type 2 diabetes mellitus; therefore, a maximum of 7 eggs per week is recommended. A limited of 7 eggs per week is also recommended for people with high cholesterol or established heart disease

Dairy

Unflavoured milk, yoghurt, and cheese are healthy snack options in preference to discretionary foods and can contribute to healthy meals when eaten with vegetables, wholegrains or fruit. Unflavoured milk, yoghurt and cheese can feature in a healthy eating pattern; if the primary sources of fat are foods such as fish, olives, seeds, nuts and oils made from them. Currently, there is not enough evidence to recommend full fat over reduced fat products or reduced fat over full fat products for the general population. For people with elevated cholesterol and those with existing coronary heart disease, reduced fat products are recommended. The evidence for milk, cheese and yoghurt does not apply for cream, butter, ice-cream and dairy based desserts; these products are not part of heart healthy eating patterns.



Overall heart healthy eating patterns are based on a combination of foods, chosen regularly over time. This optimal combination is outlined in the Heart Foundation's Heart Healthy Eating Principles. This style of eating is naturally low in saturated and trans fats, salt and added sugar and rich in unsaturated fats (MUFA, omega-3 PUFA, and omega-6 PUFA), along with wholegrains, fibre, and antioxidants. Eating this way can help improve the heart health of all Australians by reducing CVD risk factors such as high blood pressure and blood lipids and decreasing the risk of CVD events and mortality.

For full position statements and evidence reports visit: www.heartfoundation.org.au/for-professionals/food-and-nutrition/position-statements