Salmon, watercress & new potato salad

- Flaked salmon fillet (140g) baked with lemon, chilli & garlic is an excellent source of omega-3 fatty acids which contribute to the normal function of the heart.
- Watercress is a good source of folate, which contributes to normal blood formation.
- New potatoes, cooked in unsalted water, provide starchy carbohydrate whilst being low in saturated fat and salt.

A handful of mixed unsalted nuts such as almonds, macadamia, pecan nuts

These contain plant sterols. They are a rich source of monounsaturated fatty acids which contribute to the maintenance of normal blood cholesterol levels and contain thiamine which contributes to the normal function of the heart.

Fresh apricots

These are high in potassium, which contribute to the maintenance of normal blood pressure.

A flapjack with pumpkin seeds

- Oats contain beta-glucan, which has been shown to lower/reduce blood cholesterol.
  Try making your own or check the label of ready-made flapjacks choosing those with no salt and less added sugars.
- Pumpkins seeds, like nuts, are high in monounsaturated fatty acids, which contribute to the maintenance of normal blood cholesterol levels.

A glass of water is ideal for keeping hydrated. Add a slice of lemon and keep chilled for a refreshing drink!