# Healthful Eating for a Healthy Heart

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The main aim of the workshop is to translate the updated evidence-based dietetic message into down-to-earth information according to clients' ability to comprehend and accept; most of all to enjoy foods as healthy persons. The workshop conducted in Cantonese, will be started off with a brief presentation of the latest dietary guidelines for dyslipidaemia and "healthful eating for a healthy heart". It will be followed by group discussion on the application of the guidelines such as healthy food choices, shopping tips, menu planning, cooking and eating out tips etc. Other aspects such as the common food beliefs and food fads will also be discussed. At the end of the workshop, the audiences are expected to be able to adopt a healthful diet suitable for dyslipidaemia and "healthy heart".

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