



HOW TO EAT BETTER

1 LEARN WHAT THE AHA RECOMMENDS

Make smart choices to build an overall healthy dietary pattern. These daily amounts are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories per day. There is a right number of calories for you, based on your age, activity level and whether you are trying to lose, gain or maintain your weight. Cup/ounce equivalents may vary for different types of food. Visit heart.org/servings for more information on serving sizes.



Vegetables

fresh, frozen, canned and dried

5 servings
or 2.5 cups



Fruits

fresh, frozen, canned and dried

4 servings
or 2 cups



Grains

at least half should be whole grains

6 servings
or 6 ounces



Dairy

low-fat (1%) and fat-free

3 servings
or 3 cups



Proteins

fish, skinless poultry, lean meat, eggs, nuts, seeds, beans and legumes

2 servings
or 5.5 ounces



Oils

polyunsaturated and monounsaturated

3 tablespoons

2 READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%

Learning how to read and understand food labels can help you make healthier choices.

LIMIT

sugary drinks, sweets, fatty or processed meats, salty foods, and highly processed foods

AVOID

partially hydrogenated oils, tropical oils, and excessive calories

3 TIPS FOR SUCCESS

Goal setting and making small changes can help set you up for success.



WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



LEARN THE SALTY SIX

Limit the amount of sodium you're eating each day. Learn the Salty Six — common foods loaded with excess sodium.

Cold Cuts & Cured Meats
Pizza
Soup
Breads & Rolls
Sandwiches
Burritos & Tacos

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/EATSMART