

The Easy Way to **Eat Healthy**

A healthy eating pattern is about making smart choices. The American Heart Association recommends:

ENJOY a variety of vegetables, fruits, whole grains, non-tropical vegetable oils, low-fat & fat-free dairy products, fish, skinless poultry, lean & extra lean meat, nuts, seeds, beans, and legumes

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

AVOID partially hydrogenated oils

DAILY AMOUNTS



Vegetables

fresh, frozen, canned and dried

5 servings or 1.5 to 2.5 cups



Fruits

fresh, frozen, canned and dried

4 servings or 1 to 2 cups



Whole Grains

6 servings of grains recommended; at least half should be whole grains 3 to 6 servings or 3 to 6 oz



Dairy

low-fat (1%) and fat-free

3 servings or 3 cups



Proteins

poultry, fish, lean meat, eggs, nuts, seeds, beans and legumes 2 servings or 5.5 oz



Oils

polyunsaturated and monounsaturated

3 Tbsp

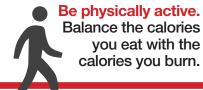
Compare nutrition labels. Choose products with the lowest amounts of sodium, saturated

fat and added sugars.



Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Cup/oz equivalent may vary depending on form of food.

Find out more about serving sizes at heart.org/servings.



Nutrition Facts