American Heart Association.
Healthy for Good™

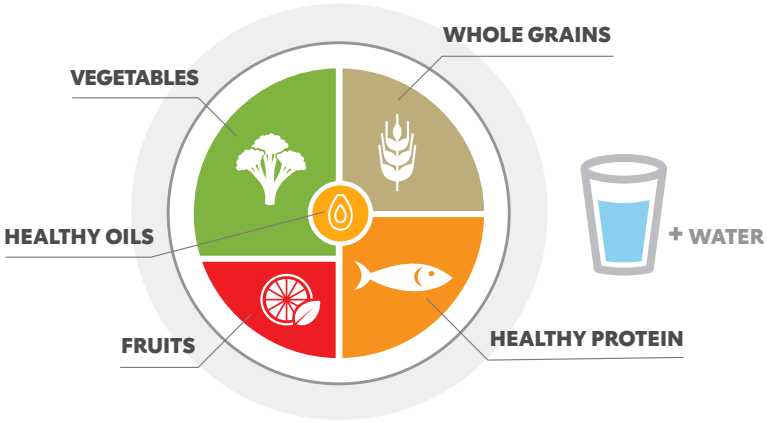
Life's Essential 8™

HOW TO EAT BETTER

CREATE A HEALTHY EATING PATTERN

Eat well-balanced meals throughout the day to keep your heart and brain working at their best. Don't worry about "special foods" – a variety of healthy foods is best.

HEALTHY PLATE



ENJOY vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy). Drink plenty of water throughout the day, and unsweetened tea and coffee can also be enjoyed.

LIMIT sweetened drinks and alcohol. Eat less salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese. Take the skin off poultry before cooking. Use plant-based oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

AVOID trans fats. Trans fats are found in some store-bought baked goods and fried foods.

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	

Understanding food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Foods with **less** sodium, bad fats (saturated and trans fats), and added sugars are better for you.

TIPS FOR SUCCESS

WATCH PORTIONS

Make room for healthy portions of different food groups in your meals and snacks.

COOK AT HOME

Cooking at home can be more nutritious than eating out. Fresh, frozen or canned fruits and vegetables are all great options. If they are canned or frozen make sure they don't have added sugars or salt. Learn healthy prep methods at heart.org/eatsmart.

LOOK FOR THE HEART-CHECK

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

IN NEED OF INSPIRATION?

The American Heart Association has hundreds of recipes at heart.org/recipes.

Learn more at heart.org/lifes8

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