EAT HEALTHY Every Day

Whole Grains
like whole-grain breads and pasta

Low-Fat Dairy
like milk, cheese and yogurt

Fruits and Vegetables
try new ones every now and then

High-Protein Snacks
like nuts, seeds and legumes

Meats
like chicken, fish, turkey and lean beef

Foods high in saturated and trans fat like burgers, fries and pizza

High sugar drinks like some sodas and juice drinks

High sugar and high calorie foods like cookies, donuts and candy

LIMIT AND AVOID

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