

Canned, dried, fresh, or frozen

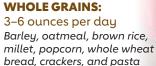






FRUIT: 2 cups per day





VEGETABLES: 2.5 cups per day Canned, dried, fresh, or frozen

A healthy eating pattern is all about SMART CHOICES. The American Heart Association suggests these daily amounts:

### EASY WAYS TO HEAL

# OT SYAW YZA3

Association suggests these daily amounts: SMART CHOICES. The American Heart A healthy eating pattern is all about



Low-fat (1%) and fat-free DAIRY: 3 cups per day



#### 1-2 servings per day **LEAN PROTEIN:**

spaas pup 'sinu 'hijnod ssajuiys 'saunbaj Eggs, fish (not fried!), lean meat,

#### monounsaturated canola. sesame oil. Polyunsaturated and Olive, peanut, safflower, and FATS & OILS: 3 tbsp. per day



rican Heart Association Hard Hats with Heart"

Olive, peanut, safflower, and sesame oil. Polyunsaturated and monounsaturated canola.

## FATS & OILS: 3 tbsp. per day

1-2 servings per day Eggs, fish (not fried!), lean meat, legumes, skinless poultry, nuts, and seeds

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Canned, dried, fresh, or frozen VEGETABLES: 2.5 cups per day

#### WHOLE GRAINS:

pread, crackers, and pasta willet, popcorn, whole wheat garley, oatmeal, brown rice, 3-6 ounces per day



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Hard Hats with Heart" can Heart Association.

