



American Heart Association®

Life's Essential 8™

→ for kids

**SUPER  
FUEL**



### CREATE A HEALTHY EATING PATTERN

Make smart choices and swaps to build an overall healthy eating style. Listen to your body - if you are hungry, make a healthy choice. When you are full, stop eating.

### ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless chicken or turkey, fish and seafood.<sup>1</sup>

### LIMIT

sweetened drinks (soda, juice, sweet tea, flavored milk), sodium, red and processed meats, refined carbohydrates like added sugars (white rice and most white breads, pastries, cakes, and crackers) and processed grain foods (chips, sweets, packaged soups, chicken nuggets, hotdogs, and fries), full-fat dairy products, highly processed foods, tropical oils like coconut and palm, and alcohol.<sup>2</sup>

### AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods). These items are listed on the food label.<sup>3</sup>

Learn more at [heart.org/lifes8](https://heart.org/lifes8)

Remember, it's all about balance. We don't have to eat perfectly all the time, and it's okay to enjoy our favorite treats once in a while. Eating a healthy diet helps us have energy, feel good, and be our best selves. Make healthy choices together as a family and make mealtimes fun!



Find heart-healthy, kid-friendly recipes at [recipes.heart.org/en/collections/lifestyles/kid-friendly](https://recipes.heart.org/en/collections/lifestyles/kid-friendly). Learn how to read nutrition labels and cooking skills to make your meals healthier at [heart.org/healthyeating](https://heart.org/healthyeating).

Writing assistance for youth framing provided by ChatGPT.

<sup>1,2,3</sup>Lichtenstein AH, Appel LJ, Vadiveloo M, Hu FB, Kris-Etherton PM, Rebholz CM, Sacks FM, Thorndike AN, Van Horn L, Wylie-Rosett J; on behalf of the American Heart Association Council on Lifestyle and Cardiometabolic Health; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular Radiology and Intervention; Council on Clinical Cardiology; and Stroke Council. 2021 Dietary guidance to improve cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. 2021;144:e472-e487. doi:10.1161/CIR.0000000000001034

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