How to Eat Better

1. **Create a Healthy Dietary Pattern**
   - Make smart choices and swaps to build an overall healthy eating style.
   - Watch calories and eat smaller portions.

   **Enjoy**
   - Vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish

   **Limit**
   - Sweetened drinks, sodium, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm

   **Avoid**
   - Trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods)

2. **Read Nutrition Labels**
   - Learning how to read and understand food labels can help you make healthier choices.
   - When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

3. **Tips for Success**
   - **Watch Calories**
     - Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.
   - **Cook at Home**
     - Take control over the nutritional content of your food by learning healthy preparation methods.
   - **Look for the Heart-Check**
     - The Heart-Check mark helps you find foods that can be part of a healthy eating plan.
   - **Learn the Salty Six**
     - Limit the amount of sodium you eat each day. Learn the Salty Six. These common foods can be loaded with excess sodium:
       - Breads & Rolls
       - Pizza
       - Sandwiches
       - Cold Cuts & Cured Meats
       - Soups
       - Burritos & Tacos

Learn more at Heart.org/MyLifeCheck and Heart.org/Eatsmart

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