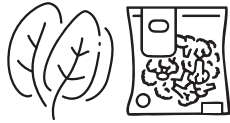


# THE EASY WAY TO EAT HEALTHY



A healthy eating pattern is about making smart choices every day. The American Heart Association suggests consuming these daily amounts for vegetables, fruits, grains, dairy, proteins and oils.\*



## VEGETABLES

CANNED, DRIED, FRESH & FROZEN

EXAMPLES: BROCCOLI, BOK CHOY, CABBAGE, CARROTS, CORN, OKRA, TOMATOES, ONION AND WINTER SQUASH

**2 1/2 CUPS**



## FRUIT

CANNED, DRIED, FRESH & FROZEN

EXAMPLES: BANANA, GRAPEFRUIT, KUMQUATS, PAPAYA, PEAR, PINEAPPLE AND WATERMELON

**2 CUPS**

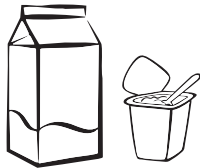


## WHOLE GRAINS

AT LEAST HALF WHOLE-GRAIN CHOICES

EXAMPLES: BARLEY, BROWN RICE, OATMEAL, POPCORN, SORGHUM AND WHOLE-WHEAT BREAD

**6 OUNCES**

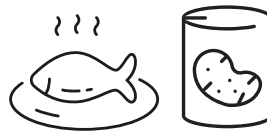


## DAIRY

LOW FAT (1%) & FAT FREE

EXAMPLES: CHEESE, MILK AND YOGURT

**3 CUPS**



## PROTEIN

•LEAN CHOICES, ESPECIALLY FROM PLANTS AND SEAFOOD

EXAMPLES: BEANS, EGGS, FISH, LEGUMES, NUTS, POULTRY, SEEDS AND TOFU

**5 1/2 OUNCES**



## OILS

NONTROPICAL PLANT SOURCES

EXAMPLES: CANOLA, CORN, OLIVE, PEANUT, SAFFLOWER AND SESAME

**2 TBSP**

Food should give you energy rather than weighing you down. With a few simple changes, you can make eating healthy your easiest habit.



## LIMIT

sugary drinks, sweets, fatty meats and salty foods.



## AVOID

partially hydrogenated oils, tropical oils and mindless eating.



## REPLACE

highly processed foods that are high in saturated and trans fats, added sugar and sodium with unprocessed or minimally processed options.



## ENJOY

a variety of nutritious foods from all the food groups — especially fruits and vegetables.



## KEEP

healthy habits even when you eat away from home.

\*These recommendations are daily goals based on a 2,000-calorie/day eating pattern, which may not be appropriate for everyone. Servings equivalent may depend on form of food. For more information on serving sizes, visit [heart.org/servings](https://heart.org/servings)

**EAT SMART MOVE MORE BE WELL**

LEARN MORE AT

[heart.org/HealthyforGood](https://heart.org/HealthyforGood)