

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