

THE EASY WAY TO EAT + HEALTHY

A healthy eating pattern is about smart choices.
The American Heart Association suggests these daily amounts.*



VEGETABLES

CANNED, DRIED, FRESH & FROZEN

5 SERVINGS or 2.5 CUPS



FRUITS

CANNED, DRIED, FRESH & FROZEN

4 SERVINGS or 2 CUPS



WHOLE GRAINS

BARLEY, BROWN RICE, MILLET, OATMEAL, POPCORN AND WHOLE WHEAT BREAD, CRACKERS & PASTA

3-6 SERVINGS or 3-6 OUNCES



DAIRY

LOW FAT (1%) AND FAT-FREE

3 SERVINGS or 3 CUPS



PROTEINS

EGGS, NON-FRIED FISH, LEAN MEAT, LEGUMES, NUTS, SKINLESS POULTRY & SEEDS

1-2 SERVINGS or 5.5 OUNCES



OILS

POLYUNSATURATED AND MONOUNSATURATED CANOLA, OLIVE, PEANUT, SAFFLOWER & SESAME OIL

3 TBSP

Food should give you energy – not weigh you down!
With a few simple changes, you can make eating healthy your easiest habit.

LIMIT

SUGARY DRINKS, SWEETS, FATTY MEATS, AND SALTY OR HIGHLY PROCESSED FOODS

AVOID

PARTIALLY HYDROGENATED OILS, TROPICAL OILS, AND EXCESSIVE CALORIES

REPLACE

HIGHLY PROCESSED FOODS WITH HOMEMADE OR LESS-PROCESSED OPTIONS

ENJOY

A VARIETY OF NUTRITIOUS FOODS FROM ALL OF THE FOOD GROUPS, ESPECIALLY FRUITS & VEGGIES

KEEP

HEALTHY HABITS EVEN WHEN YOU EAT AWAY FROM HOME

*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Servings equivalent may depend on form of food. More info on serving sizes is at heart.org/servings.

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT HEART.ORG/HEALTHYFORGOOD