INTRODUCTION
Healthy for Life® is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association to:

- Empower people to make healthy food and lifestyle choices.
- Help change attitudes and behaviors related to food and cooking.
- Equip people with new skills and habits for healthy living.

PURPOSE OF THE TOOLKIT
The March Healthy for Life Messaging Toolkit is part of a 12-month playbook for organizations with materials to promote for each month of the year. The Toolkit reinforces the wellbeing, cooking, grocery shopping and gardening messages from the Healthy for Life program. Many of the infographics and articles can also be found in the Healthy for Life educational experiences.

The March Toolkit breaks the month down by theme and provides you with turn-key content:

- Infographics
- Articles
- Social media graphics
- Facebook and Twitter messages
- Recipes

HOW TO USE THE TOOLKIT MATERIALS
- Promote through your organization website.
- Post on your social networking sites (such as Facebook, Instagram and Twitter).
- Email to organization members.
- Display in high traffic areas of your organization.

This Healthy for Life Messaging Toolkit was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 by 20 Initiative. We are proud to be working together to help improve the health of all Americans.
### Infographic
**Cut Out Added Sugars**

- **Pages**: p.3

### Articles
**12 Infused Water Recipes**

- **Pages**: p.5

**Can Processed Foods Be Part of a Healthy Diet?**

- **Pages**: p.6

### Facebook Text
Added sugars have a way of sneaking up on you – with a budget of 25 grams of added sugar for women and 36 grams for men, it can be easy to go over the recommended daily limit. Here’s 1 easy way to keep sweets in check: Choose simple foods over heavily processed ones. #NationalNutritionMonth #HealthyForGood

When it comes to being #HealthyForGood, one little habit can go a long way. If you’re looking for ONE thing you can do to eat healthier today, try tracking the amount of sodium you eat, and replace high-sodium snacks with fruit. For more ways to be #HealthyForGood, visit [heart.org/EatSmart](http://heart.org/EatSmart), #DidYouKnow #NationalNutritionMonth

### Twitter Text
Added sugars have a way of sneaking up on you, so it can be easy to go over the daily limit. Here’s 1 way to keep sweets in check: Choose simple foods over heavily processed ones. #NationalNutritionMonth #HealthyForGood

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### Recipes
**Moroccan Chicken with Brown Rice and Lemon Sautéed Spinach**

- **Pages**: p.10

**Green Eggs and Ham on the Go**

- **Pages**: p.11
INFOGRAPHIC: Cut Out Added Sugars

Added sugars are sugars added to foods and beverages when they’re processed or prepared. Consuming too much may make you sick and may even shorten your life.

THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:

<table>
<thead>
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<th>WOMEN</th>
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<tr>
<td>6 TEASPOONS</td>
<td>9 TEASPOONS</td>
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<tr>
<td>25 GRAMS</td>
<td>36 GRAMS</td>
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<td>100 CALORIES OR LESS</td>
<td>150 CALORIES OR LESS</td>
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WHERE DO ADDED SUGARS COME FROM?

- **DECEPTIVE DRINKS**: Flavored Milk, Sports & Energy Drinks, Sugary Soda & Tea, Sweetened Juice
- **UNBALANCED BREAKFASTS**: Breakfast & Energy Bars, Granola, Sugary Hot & Cold Cereals, Sweetened Yogurt
- **SWEET, SWEET SYRUPS**: Coffee Flavors, Drink Mixers, Jellies & Jams, Pancake Syrup
- **ICE-COLD CANDY**: Ice Cream & Gelato, Frozen Yogurt, Fruit-Flavored Popsicles, Sherbet & Sorbet
- **BEWITCHING BAKED GOODS**: Bread & Pastries, Cakes, Cookies & Pies, Donuts, Flavored Bagels

**HOW TO AVOID THEM:**

- Check nutrition facts label and ingredients
- Choose simple foods over heavily processed ones
- Limit sweets and sugary drinks
- Rinse canned fruits if they are canned in syrup

LEARN MORE AT HEART.ORG/HEALTHYFORGOOD
INFOGRAPHIC: 4 Ways to Get Good Fats

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.

1. **GO FISH**
   Eat at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

2. **BE NUTTY**
   Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.

3. **ADD AVOCADO**
   Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

4. **CHECK THE OILS**
   Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

Learn more at Heart.org/HealthyForGood
WHAT’S BETTER THAT WATER? FLAVOR- INFUSED WATER.

Making your own infused water is, for the most part, calorie free, and is a refreshing way to stay hydrated.

1. For a delicious cucumber water, simply add two thinly sliced medium cucumbers into a pitcher, cover with ice and fill with water.

2. Still want a little more flavor to your cucumber water? Simply add half a lime, six or more sprigs of cilantro, and infuse for four to eight hours, and serve cold.

3. For a sweet orange and blueberry water, add three mandarin oranges, cut into wedges, two handfuls of blueberries into a pitcher. Cover with ice, and fill the pitcher with water. Make sure to let it sit overnight to infuse.

4. For more unique infused water, gentle push into the water two sliced grapefruits, with the rinds removed, two sprigs of rosemary, and cover with ice. Add water to the pitcher. It’s ok to be generous with the rosemary, so feel free to experiment. Let it sit overnight in the refrigerator before serving.

5. This simple recipe only calls for half a lemon and half a lime, thinly sliced, and added to a pitcher of water and ice.

6. Thinly slice an orange and a lemon, tear into small pieces a handful of mint leaves, add ingredients to a pitcher, cover with ice, and let sit overnight.

7. Simply add four quarter-size pieces of fresh peeled ginger root, add in a cup of fresh or frozen mango, cover with ice and water, and let it sit in the refrigerator one to three hours before serving.

8. Add half a sliced lemon, six to eight strawberries, hulled and quartered, and a handful of basil to a pitcher. Cover with ice and fill with water. Let it infuse for two to three hours and serve.

9. Four handfuls of thinly sliced grapes, 20 to 24 basil leaves, a squeeze of lime and fill with water.

10. Add watermelon and mint to a pitcher, cover with ice, and fill with water. Let sit for two to eight hours and serve.

There you have just a few ideas of how to infuse your water and make hydration fun.
What is processed food? You may be thinking deli meat, fast food, chips and snacks, or sugary soda. Some processed foods are not good for you. But you don’t have to avoid them all if you’re trying to eat healthy or “clean.”

WHAT IS PROCESSED FOOD?

Most foods are processed – changed, prepared or packaged – in some way before we eat them. They fall somewhere on a spectrum from minimally processed (like salad mix, bagged dry beans, roasted nuts or frozen fruits and vegetables) to what some nutrition experts refer to as highly or ultra processed (like ready-to-eat meals and snack foods).

Some processed foods have ingredients added, like sweeteners, oils, colors and preservatives. Some are fortified to add nutrients like fiber, calcium or vitamin D. Some are simply prepped for convenience (washed or chopped) or packaged to last longer. Processes such as pasteurizing milk, canning fruits and vegetables, and vacuum packing meats help prevent spoilage and increase food safety. Even foods labeled “natural” or “organic” can be processed.

If you eat a lot of highly processed foods, you risk getting too much sodium, added sugars and unhealthy fats. Highly processed foods contribute almost 60% of calories and 90% of added sugars in the American diet, according to a 2016 research study.

So what can you do if want to eat healthier? While it’s tempting to throw all “processed food” under the bus, the reality is you can’t avoid it entirely… nor should you! The key is knowing how to identify healthier processed foods and make smart choices in the grocery store and restaurants.

CHOOSE HEALTHIER PROCESSED FOODS.

- **Read food labels.** This is the best way to know exactly what’s in a processed food. Choose products without a lot of sodium, added sugars, and unhealthy fats. Learn what to look for in the Nutrition Facts label, ingredients list and other package claims.

- **Enjoy frozen and canned produce.** Frozen and canned fruits and vegetables are convenient and affordable options that can be just as nutritious as fresh. Look for varieties without salty sauces and sugary syrups. Compare label info and choose items with the lowest amounts of sodium and added sugars.

- **Look for the Heart-Check mark.** The American Heart Association’s Heart-Check mark will help you find packaged foods that can be part a healthy eating pattern. This red and white icon on the package means the food meets specific nutrition requirements for certification.

CONTINUED ON NEXT PAGE >
• **Make smart choices when eating out.** Choose restaurants where food is cooked to order or there are designated healthier menu options. Communication is key. Ask how food is prepared, which items are made to order in-house vs. prepackaged, and if you can make substitutions. Request sauces, dressings and condiments on the side so you can decide how much is added. Get more tips and swaps for a healthier meal away from home.

• **Snack smarter.** Think crunchy nuts and seeds, cut-up veggies for dipping, fruits that hit the sweet spot, and easy homemade popcorn. Package up these healthier snacks in small containers and they’re just as convenient as that bag of chips!

**WATCH OUT FOR SNEAKY SODIUM.**

More than 70 percent of the sodium in the typical American diet comes from commercially processed and restaurant foods. In other words, we often don't even know we’re eating it! And most of us are eating too much of it, which can lead to serious health problems.

Manufacturers use sodium to preserve foods and modify flavor, and it’s included in additives that affect the texture or color of foods. The food industry is becoming more aware that shoppers want less sodium in the products they make, but it’s still important to read the nutrition information on product packages.

Check how much sodium is in each serving. Compare brands and choose the product with the lowest amount of sodium.

Processed foods that can contribute a lot of sodium to your diet include breads, pizza, sandwiches, cold cuts and cured meats, soups, burritos and tacos, savory snacks, chicken, and cheese. And don’t rely on taste alone. Foods with excess sodium sometimes don’t taste salty, like some breads, cereals and pastries.

Learn the **Salty Six** – the top six sodium sources in the American diet – and how to find healthier options with less salt.
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**RECIPE: Moroccan Chicken with Brown Rice and Lemon Sautéed Spinach**

Per serving:
- 369 Calories
- 1.5 g Sat. Fat
- 190 mg Sodium

Makes 4 servings

**INGREDIENTS**

**For the Chicken:**
- 2 tsp. paprika
- 1 tsp. cumin
- 1 tsp. ground ginger
- 1 tsp. turmeric
- ½ tsp. cinnamon
- ½ tsp. pepper
- 4 boneless, skinless chicken breasts (all visible fat discarded)
- 2 Tbsp. extra virgin olive oil or canola oil, divided use
- 1 small onion (chopped)
- 2 clove fresh, minced, or sliced garlic
- 14.5 oz. canned, diced, low-sodium tomatoes
- ½ cup water

**For the Brown Rice:**
- 1½ cups instant brown rice

**For the Lemon Sautéed Spinach:**
- 1 Tbsp. olive or canola oil
- 6 cups spinach (washed, dried)
- ½ lemon or 2 tsp. jarred lemon juice

**DIRECTIONS**

**For the Chicken:**
1. In a small bowl mix paprika, cumin, ginger, turmeric, cinnamon and pepper.
2. Place the chicken a plate or pie dish, coat with spice mixture. Allow chicken to stand in spices for 1 hour or refrigerate overnight.
3. In a medium skillet, heat oil over medium-high heat. Add chicken and brown for 5 minutes.
4. Reduce heat to medium-low, add water, top with onions, tomato and garlic.
5. Cover and cook for 10 minutes then flip chicken and cook for 30 minutes more until chicken is cooked through.

**For the Brown Rice:**
1. Prepare brown rice according to package instructions.

**For the Lemon Sautéed Spinach:**
1. In a saucepan or skillet, heat oil over medium-high heat.
2. Add spinach, handfuls at a time, leaving enough room to stir. If all the spinach won’t fit in the pan let some wilt down and continue to add spinach until all leaves are wilted.
3. Remove from heat and squeeze lemon over spinach (or sprinkle juice from jar).
**RECIPE:** Green Eggs and Ham on the Go

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**INGREDIENTS**
- 32 oz liquid egg whites
- 1 medium avocado (mashed with a fork)
- 1 tsp pepper
- 4 oz lower-sodium, low-fat ham, diced into small cubes

Per serving:
- 157 Calories
- 1.0 g Sat. Fat
- 406 mg Sodium

Serving size: 8 oz.
Makes 6 servings

**DIRECTIONS**

1. Preheat the oven to 350°F. Place six 8-ounce disposable aluminum baking cups on a baking sheet.
2. In a medium bowl, briskly whisk together the egg whites, avocado, and pepper until very well combined and “creamy” in texture.
3. Put half the ham in the baking cups. Pour in the egg white mixture. Top each cup with the remaining ham.
4. Bake for 20 for 25 minutes, or until the tops are lightly browned and the eggs are set. Remove the baking sheet from the oven. Let stand to cool.

Do you like green eggs and ham? Would you like them here or there? Would you? Could you? In a car? Eat them! Eat them! Here they are. Send your kids off with this on-the-go breakfast they can eat on their way to school.