It's Easy to Eat Healthy!

Eating healthy can help reduce your risk of heart disease and stroke, and it may be easier than you think. You don't have to give up all the foods you love. Just focus on making smart, healthy choices at home, work, restaurants and the grocery store.

INCLUDE

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish (preferably oily fish that provide omega-3 fatty acids), skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and non-tropical oils

LIMIT

- Sodium and salt
- Saturated fat
- Sweets and added sugars, including sugar-sweetened beverages
- Red meats (if you choose to eat red meat, select lean cuts)

AVOID

- *Trans* fat and partially hydrogenated oils

TIPS

- Choose wisely, even with healthier foods. Ingredients and nutrient content can vary.
- Look for the AHA's Heart-Check mark in the grocery store to easily identify foods that can be part of an overall healthy diet. Learn more at **heartcheck.org**.
- Compare nutrition information on package labels and select foods with the lowest amounts of sodium, added sugars, saturated and *trans* fat, and no partially hydrogenated oils.
- Watch your calorie intake. To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consumer fewer calories or burn more.
- Eat reasonable portions. Often this is less than you are served.
- Prepare and eat healthy meals at home. You'll have more control over ingredients and portion sizes.
- Eat a wide variety of foods to get all the nutrients your body needs.

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