



American Heart Association®  
Healthy for Good™

# HOW TO EAT BETTER



## 1 CREATE A HEALTHY DIETARY PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.



vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish



sweetened drinks, sodium, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm



trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods)

## 2 READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

## 3 TIPS FOR SUCCESS



### WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



### COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



### LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



### LEARN THE SALTY SIX

Limit the amount of sodium you eat each day. Learn the Salty Six. These common foods can be loaded with excess sodium:

- Breads & Rolls
- Pizza
- Sandwiches
- Cold Cuts & Cured Meats
- Soups
- Burritos & Tacos

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/EATSMART](http://HEART.ORG/EATSMART)