

THE EASY WAY TO EAT HEALTHY



A healthy eating pattern is about making smart choices.

The American Heart Association suggests these daily amounts.*



VEGETABLES

CANNED, DRIED,
FRESH & FROZEN

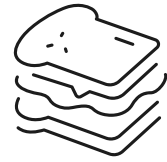
2 1/2 CUPS EQUIVALENT



FRUIT

CANNED, DRIED,
FRESH & FROZEN

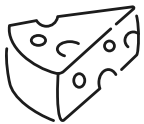
2 CUPS EQUIVALENT



WHOLE GRAINS

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

6 OUNCE EQUIVALENT



DAIRY

LOW FAT (1%) & FAT FREE

3 CUPS EQUIVALENT



PROTEIN

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

5 1/2 OUNCE EQUIVALENT



OILS

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

29 GRAMS (2 1/3 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 & salty or
highly processed foods



AVOID

partially hydrogenated oils,
tropical oils &
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



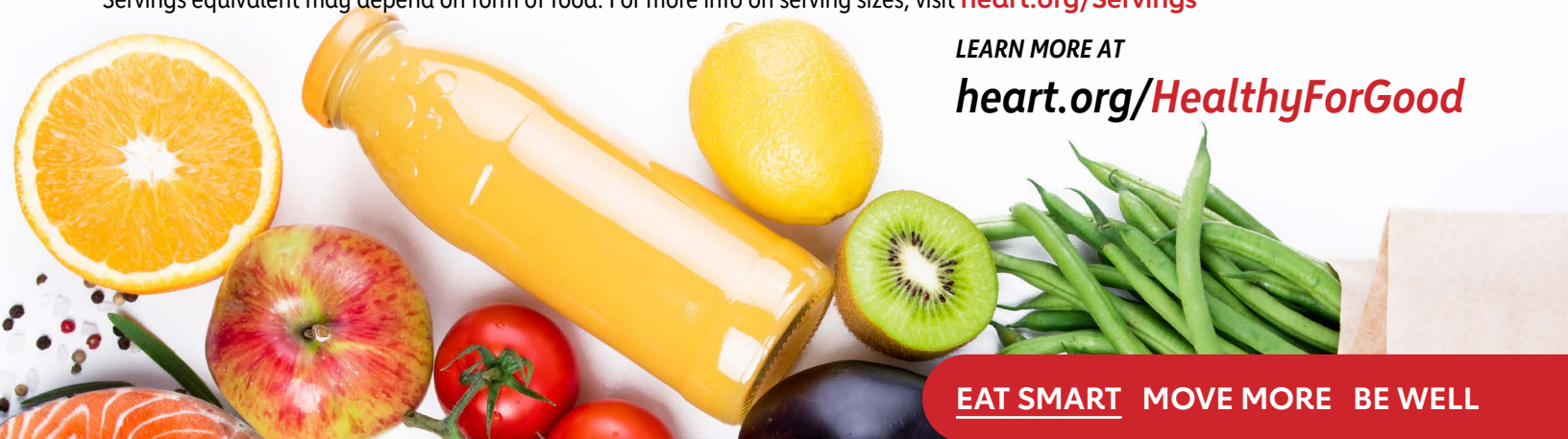
KEEP

healthy habits even when you
eat away from home

*Servings are based on the 2020-2025 Dietary Guidelines for Americans for 2,000 calories/day. Your calorie needs may be different. Servings equivalent may depend on form of food. For more info on serving sizes, visit heart.org/Servings

LEARN MORE AT

heart.org/HealthyForGood



EAT SMART MOVE MORE BE WELL