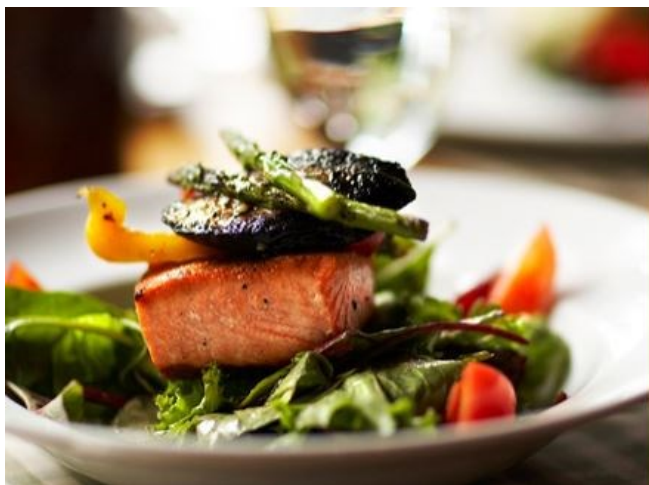




Build a Better Plate

Eating healthy starts with putting the right foods on your plate, in the right amounts. An easy way to have more energy is to make smart food choices.

- Include fruits and veggies, whole grains, beans and legumes, nuts and seeds, lean protein, low-fat dairy products and healthy fats.
- Limit sweets, fatty or processed meats, solid fats like butter, and salty or highly processed foods.
- Avoid partially hydrogenated oils.



Take Control of Your Portions

A portion is how much we choose to eat. Portions are 100% under our control and learning how to eat smart portions is a big part of eating healthier.

- Read nutrition labels carefully to compare serving size, calories, sodium levels and added sugars.
- Eat reasonable portions, even when you're served more than you need.
- Prepare and eat more meals at home, so you can control ingredients and portion size.



Make Smarter Substitutions

If you find yourself craving something unhealthy, find a healthier way to eat it. Making little changes in how you eat can make a big difference in the long run.

- For recipes, try substitutions that won't compromise texture or flavor, like replacing a cup of heavy cream with $\frac{1}{2}$ cup of low-fat yogurt.
- Look for snacks that are baked instead of fried and lower in sodium.
- When eating out, go for grilled options instead of fried and look for ways to add color, like switching out fries for apples or a side salad.



Fats Aren't All Bad

Your body needs fats, but some are better than others. Replace bad fats with healthier ones to keep your body nourished.

- Healthier fats come from nontropical liquid oils, nuts and seeds, avocados and fatty fish.
- Bad fats are solid or saturated fats, and they come from animal sources like meat and dairy and tropical oils like coconut and palm.
- Fats you should avoid are trans fats and partially hydrogenated oils, found in some processed foods.



Go Vegetarian Without Going Hungry

Eating vegetarian can help you eat less total fat, saturated fat and trans fat. With a little effort, you can stay nourished while limiting or eliminating animal products.

- Eat vegetables, legumes and whole grains with protein and amino acids to replace animal sources.
- For an iron-clad veggie based diet, add dried beans, spinach and dried fruits to your plate.
- Look for foods rich in Vitamins B-12, D, Calcium and Zinc to round out your diet.



A Healthy Diet Without Dieting

Go for a simple, no-fad healthy eating pattern to nourish your body and bring out your best you.

- Concentrate on smaller portions, rather than forcing yourself to eliminate foods you love.
- Add fiber-rich foods that will keep you feeling full, such as whole grains, legumes, vegetables and fruits.
- Don't buy empty-calorie foods and sugary drinks – if they aren't in your pantry, you're less likely to indulge.



Make Healthier Choices With the Heart-Check Mark

Foods certified by the American Heart Association can be part of an overall healthier eating pattern.

- Foods bearing our Heart-Check mark have been certified to meet our nutrition requirements.
- Look for the mark on packaging in grocery stores as well as in some restaurants, like Subway®.
- Check to see if your favorite brand is certified at heartcheck.org.