

Keep Sodium Out of Your Diet



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Don't mess around with sneaky sodium.
Look for **foods and recipes low in sodium.**

- Eating less sodium helps **protect you from heart disease and stroke.**
- Eating too much sodium makes your **heart work harder.**
- **Sodium hides in many tasty foods,** such as pizza, tacos and burritos.
- Breads and rolls, lunch meats, canned soup, chips and pretzels are **all high in sodium.**



Take Action!

Read **Nutrition Facts Labels** and remove high-sodium foods from your diet.



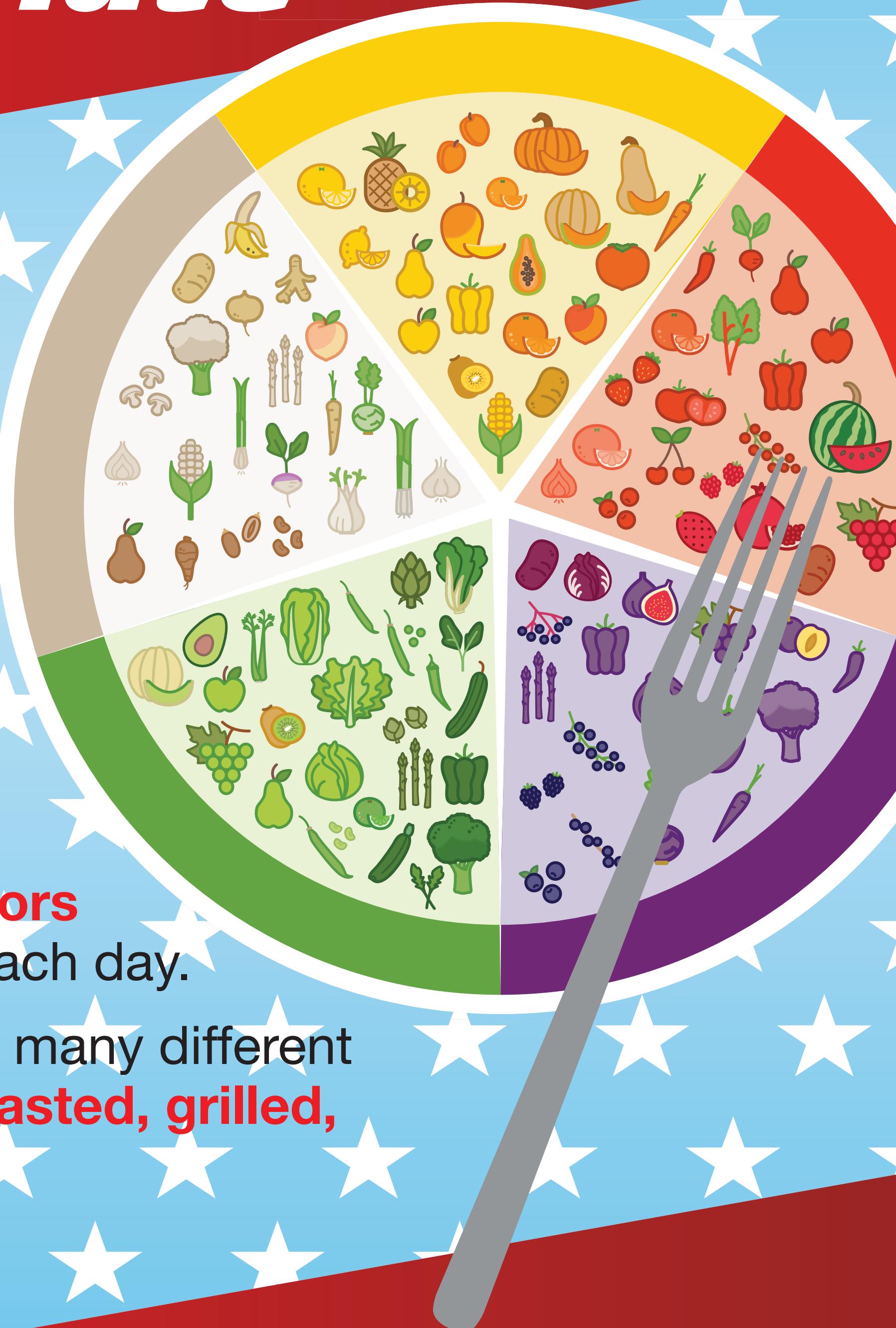
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PUT COLOR on your Plate

Eating colorful fruits and vegetables every day is good for your heart.

- Fruits and vegetables are packed with **nutrients**.
- **Fresh, dried, canned and frozen** fruits and vegetables are all good choices.
- Mix it up! **Eat several colors** of fruits and vegetables each day.
- You can eat vegetables in many different ways. Try them **baked, roasted, grilled, steamed or stir-fried**.



Take Action!

Eat a baseball-size serving of a fruit or vegetable with every meal. Branch out and try new fruits and vegetables.



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Quench your Thirst with Water

Learn to love water and **stay away**
from sugary beverages.

- Eating too much added sugar can lead to **heart disease, obesity and tooth decay.**
- Energy drinks, sports drinks and sodas are often **loaded with sugar.**
- **Read labels** for sugar content and serving size.
- Sugar has many names, including **Sucrose, glucose, fructose, maltose, and dextrose**



Take Action!

Drink plenty of water. Be aware of how much added sugar is in your diet.



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Stay Away From Tobacco

Cheer for **clean air, strong lungs and healthy hearts.** Stay far away from all kinds of tobacco.

- **No tobacco product is good for your heart.** This includes cigarettes, chewing tobacco and e-cigarettes.
- Each year more than **480,000 people die** too soon because of smoking-related illnesses.
- Smoking **stains your teeth** and fingernails. Yuck!
- Smoking affects your **sense of taste and smell.**



Take Action!

Always say “No!” to tobacco. Let others know that tobacco can lead to heart disease and cancer.

Get Active



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Staying active **keeps your heart strong and healthy** and helps you feel good.

- Staying active is one of the best ways to **lower** your risk of **heart disease**.
- Physical activity can improve your mood and help you **think more clearly**.
- Feeling stressed or worried? Physical activity can **release stress** and calm you.
- **Have fun** staying active! Choose physical activities you enjoy doing.



Take Action!

Be physically active for at least 60 minutes every day.
Encourage family members and friends to join you.