CREATE A HEALTHY EATING PATTERN
Make smart choices and swaps to build an overall healthy eating style. Listen to your body - if you are hungry, make a healthy choice. When you are full, stop eating.

ENJOY
vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless chicken or turkey, fish and seafood.¹

LIMIT
sweetened drinks (soda, juice, sweet tea, flavored milk), sodium, red and processed meats, refined carbohydrates like added sugars (white rice and most white breads, pastries, cakes, and crackers) and processed grain foods (chips, sweets, packaged soups, chicken nuggets, hotdogs, and fries), full-fat dairy products, highly processed foods, tropical oils like coconut and palm, and alcohol.²

AVOID
trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).³

READ NUTRITION LABELS
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.

TIPS FOR SUCCESS

DON’T EAT WHILE DISTRACTED
Avoid eating or drinking while you are on a screen or busy doing other things. Distracted eating makes it harder to realize you are full and to stop eating.

COOK AT HOME
Take control over the nutritional content of your food by learning healthy preparation methods. Getting kids involved is a great way for everyone to learn.

GET INSPIRED
The American Heart Association has hundreds of heart-healthy recipes to choose from.

LOOK FOR THE HEART-CHECK
The Heart-Check mark helps you find foods that can be part of a healthy eating plan.

Learn more at heart.org/lifes8


² Lifatracker.com