



American Heart Association®

Life's Essential 8™

→ for kids

**SUPER  
FUEL**



### 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.

### LIMIT

sweetened drinks (soda, juice, sweet tea, flavored milk), sodium, red and processed meats, foods high in sugars (pastries, cakes, crackers, sweets), refined grains (like white rice and most white breads), full-fat dairy products, processed grain foods, and tropical oils like coconut and palm.

### AVOID

trans fat (listed in Nutrition Facts on the food label). Trans fats are found in some store-bought baked goods and fried foods.

Remember, it's all about balance. We don't have to eat perfectly all the time, and it's okay to enjoy our favorite treats once in a while. Eating a healthy diet helps us have energy, feel good, and be our best selves. Make healthy choices together as a family and make mealtimes fun!



Find heart-healthy, kid-friendly recipes at [recipes.heart.org/en/collections/lifestyles/kid-friendly](https://www.heart.org/en/collections/lifestyles/kid-friendly). Learn how to read nutrition labels and cooking skills to make your meals healthier at [heart.org/healthyeating](https://www.heart.org/healthyeating).

Learn more at [heart.org/lifes8forkids](https://www.heart.org/lifes8forkids)