THE EASY WAY TO EAT HEALTHY

A healthy eating pattern is about smart choices. The American Heart Association suggests these daily amounts.*

**VEGETABLES**
CANNED, DRIED, FRESH & FROZEN
5 SERVINGS or 2.5 CUPS

**FRUITS**
CANNED, DRIED, FRESH & FROZEN
4 SERVINGS or 2 CUPS

**WHOLE GRAINS**
BARLEY, BROWN RICE, MILLET, OATMEAL, POPCORN AND WHOLE WHEAT BREAD, CRACKERS & PASTA
3-6 SERVINGS or 3-6 OUNCES

**DAIRY**
LOW FAT (1%) AND FAT-FREE
3 SERVINGS or 3 CUPS

**PROTEINS**
EGGS, NON-FRIED FISH, LEAN MEAT, LEGUMES, NUTS, SKINLESS Poultry & SEEDS
1-2 SERVINGS or 5.5 OUNCES

**OILS**
POLYUNSATURATED AND MONOUNSATURATED CANOLA, OLIVE, PEANUT, SAFFLOWER & SESAME OIL
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, AND SALTY OR HIGHLY PROCESSED FOODS

**AVOID**
PARTIALLY HYDROGENATED OILS, TROPICAL OILS, AND 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 AHA’s Healthy US-Style Eating Pattern for 2,000 calorie/day. Your calorie needs may be different. Servings equivalent may depend on form of food. More info on serving sizes is at heart.org/servings.