



American Heart Association®

Healthy for Good™

Healthy for Good EAT SMART Resource Kit
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Penn Medicine
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2023 American Heart Association **EAT SMART** Resource Kit Contents

- Letter – Thank You for Supporting 2023 EAT SMART
- Overview – Resource Kit Table of Contents
- Take Action – To EAT SMART, Eat Healthy
- Flyer/Poster – To Promote an EAT SMART Activity (general)
- Family Meals – Still Make An Impact
- Family Meals – Together Nourish A Family’s Well-Being
- Family Meals – Foster Emotional Balance
- Infographic – Sip Smarter
- Infographic – 5 Reasons To Add Color
- Infographic – Eat More Color
- Infographic – Seasons Of Eating
- Infographic – Building Healthy Lunch Habits
- Infographic – Life is Sweet ... with these Easy Sugar Swaps!
- Infographic – The Sugary Six
- Infographic – Salty Six, Adults
- Infographic – Sodium Myths and Facts for Kids
- Infographic – How Too Much SODIUM Affects Your Health
- Infographic – What’s A Serving?
- Infographic – Shop Smart & Save
- Infographic – Keep It Fresh
- Infographic – Heart Healthy Essentials for Meal Prep
- Infographic – Food Nutrition Labels

Eat smart. Move more. Be well.

Questions? Additional Information? Contact the American Heart Association New Jersey office at (609) 208-0020. Learn more, access additional resources at ... www.Heart.org/HealthyforGood