American Heart Association. life is why®

Healthy For Good™

The Easy Way to Eat Healthy

A healthy eating pattern is about making smart choices. The American Heart Association recommends:

ENJOY a variety of vegetables, fruits, whole grains, non-tropical vegetable oils, low-fat & fat-free dairy products, fish, skinless poultry, lean & extra lean meat, nuts, seeds, beans, and legumes

LIMIT sugary drinks, sweets, fatty or processed meats, solid fats, and salty or highly processed foods

AVOID partially hydrogenated oils

DAILY AMOUNTS

Vegetables
fresh, frozen, canned and dried
5 servings
or 1.5 to 2.5 cups

Fruits
fresh, frozen, canned and dried
4 servings
or 1 to 2 cups

Whole Grains
6 servings of grains recommended; at least half should be whole grains
3 to 6 servings
or 3 to 6 oz

Dairy
low-fat (1%) and fat-free
3 servings
or 3 cups

Proteins
poultry, fish, lean meat, eggs, nuts, seeds, beans and legumes
2 servings
or 5.5 oz

Oils
polyunsaturated and monounsaturated
3 Tbsp

Compare nutrition labels. Choose products with the lowest amounts of sodium, saturated fat and added sugars.

Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Cup/oz equivalent may vary depending on form of food.

Find out more about serving sizes at heart.org/servings.

Be physically active. Balance the calories you eat with the calories you burn.

heart.org/HealthyForGood