



LEAN PROTEIN: 1-2 servings per day
Eggs, fish (not fried!), lean meat, legumes, skinless poultry, nuts, and seeds

FATS & OILS: 3 tbsp. per day
Olive, peanut, safflower, and sesame oil. Polyunsaturated and monounsaturated canola.

DAIRY: 3 cups per day
Low-fat (1%) and fat-free

SMART CHOICES: The American Heart Association suggests these daily amounts:
A healthy eating pattern is all about

EASY WAYS TO EAT HEALTHY

EASY WAYS TO EAT HEALTHY

A healthy eating pattern is all about **SMART CHOICES**. The American Heart Association suggests these daily amounts:

VEGETABLES: 2.5 cups per day
Canned, dried, fresh, or frozen

WHOLE GRAINS: 3-6 ounces per day
Barley, oatmeal, brown rice, millet, popcorn, whole wheat bread, crackers, and pasta

FRUIT: 2 cups per day
Canned, dried, fresh, or frozen



*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/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.



*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/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.



VEGETABLES: 2.5 cups per day
Canned, dried, fresh, or frozen

WHOLE GRAINS: 3-6 ounces per day
Barley, oatmeal, brown rice, millet, popcorn, whole wheat bread, crackers, and pasta

FRUIT: 2 cups per day
Canned, dried, fresh, or frozen

SMART CHOICES: The American Heart Association suggests these daily amounts:
A healthy eating pattern is all about

EASY WAYS TO EAT HEALTHY

EASY WAYS TO EAT HEALTHY

A healthy eating pattern is all about **SMART CHOICES**. The American Heart Association suggests these daily amounts:

DAIRY: 3 cups per day
Low-fat (1%) and fat-free

LEAN PROTEIN: 1-2 servings per day
Eggs, fish (not fried!), lean meat, legumes, skinless poultry, nuts, and seeds

FATS & OILS: 3 tbsp. per day
Olive, peanut, safflower, and sesame oil. Polyunsaturated and monounsaturated canola.



*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/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.

*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/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.