

# 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

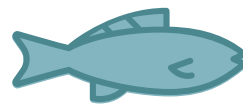
*3-6 servings or 3-6 ounces*



## -Dairy-

Low fat (1%) and fat-free

*3 servings or 3 cups*



## -Proteins-

Eggs, non-fried fish, lean meats,  
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

### Keep

Healthy habits  
even when you eat  
away from home

### Enjoy

A variety of nutritious foods  
from all of the food groups,  
especially fruits & veggies

\*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](http://heart.org/servings).

Learn more at [Heart.org/healthyforgood](http://Heart.org/healthyforgood)

Recommended Dietary Pattern to Achieve Adherence to the American Heart Association/American College of Cardiology  
(AHA/ACC) Guidelines, 2016. <http://circ.ahajournals.org/content/134/22/e505,Table 2>