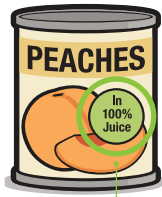


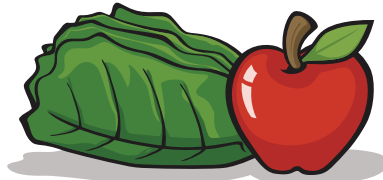
# Heart Smarts

## fruits and vegetables

### Look for fresh fruits and vegetables.



Look for fruit in 100% juice, water or light syrup.



Look for no-salt-added or low-sodium products.

**Get Heart-Healthy!** To eat more fresh fruits and vegetables, make it easy by cutting them up and storing them in the refrigerator.



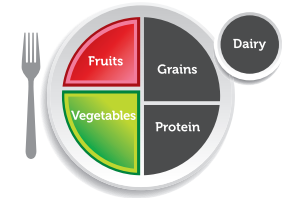
Fruits and vegetables keep you healthy.

## Make half your plate fruits and veggies.

Choose a mix of colors each day (dark green, red, orange, purple, white).

### Shopping List:

- Fresh fruit or vegetables (whole or cut)
- Canned vegetables (no-salt-added or low-sodium)
- Canned fruit in water, 100% juice or light syrup
- Frozen fruit (no sugar added)
- Frozen vegetables (no salt added or sauces)



### Let the colors be your guide:

Fresh, frozen, canned or dried fruits and vegetables without added salt or sugar

Canned fruit in 100% juice or light syrup, and vegetables that are low in sodium

Canned or frozen fruit in heavy syrup, and vegetables that are not low in sodium

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# Heart Smarts

## whole grains/high fiber

Look for whole grains and foods that are high in fiber.

Nutrition Facts	
17 servings per container	
Serving size 1 Slice (37g)	
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	4%
Total Sugars 0g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 8mg	0%

**100% Whole Grain Bread**  
 Ingredients: whole wheat flour, water, wheat gluten, yeast

The word whole should be before the first ingredient.



Look for at least 3 grams of fiber.

**Get Heart-Healthy!** To lower the risk of heart disease, choose foods that are high in fiber, like whole grains, fruits, vegetables and beans, as part of a healthy diet.

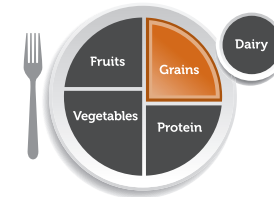


Whole grains provide fiber, vitamins and minerals for good health.

## Make at least half your grains whole.

### Shopping List:

- Whole wheat bread
- Whole grain cereal
- Brown rice
- Oatmeal
- Popcorn
- Whole wheat crackers
- Whole wheat tortillas
- Whole wheat pasta
- Cornmeal
- Barley



Let the colors be your guide:

Whole grains are listed as the first ingredient

Whole grains are not listed as the first ingredient

Whole grains are not listed as an ingredient



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# Heart Smarts

## packaged beans and nuts

Look for fresh fruits and vegetables.

Nutrition Facts	
3.5 servings per container	
Serving size ½ Cup (122g)	
Amount Per Serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	
Calcium 48mg	4%
Iron 2mg	10%
Potassium 549mg	10%

Look for no-salt-added or low-sodium foods.

Look for less than 20% of the Daily Value.



Limit sodium to less than 2300mg per day.

**Get Heart-Healthy!** To cut down on sodium when eating canned beans, choose low-sodium and rinse and drain before use. Choose unsalted nuts.

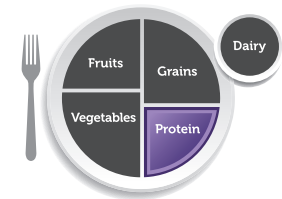


Beans and nuts maintain healthy bones and muscles.

## Make one-quarter of your plate lean meat or healthy protein foods.

### Shopping List:

- Dried beans or no-salt-added canned beans (black, pinto, white, garbanzo, etc.)
- Unsalted nuts and seeds (almonds, cashews, pistachios, peanuts, sunflower seeds, etc.)
- Tofu



Let the colors be your guide:

No-sodium or low-sodium dried beans, canned beans, nuts and seeds

Regular beans that are high in sodium, but have been rinsed

High-sodium (more than 20% of the Daily Value) canned beans, nuts and seeds

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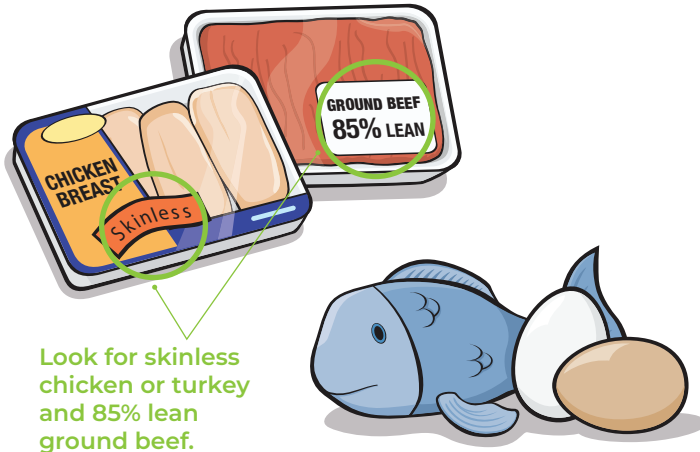
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# Heart Smarts

## meat, fish and poultry

**Look for lean and low-fat cuts of meat.**



Look for skinless chicken or turkey and 85% lean ground beef.

**Get Heart-Healthy!** To cut down on added fat and salt when cooking, bake your meat, fish and poultry and taste your food before adding salt.

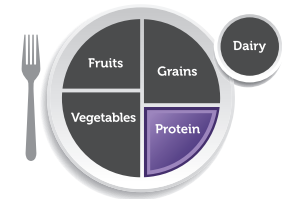


Fish, meat, turkey, chicken and eggs help build healthy bones and muscles.

## Make one-quarter of your plate lean meat or healthy protein foods.

### Shopping List:

- Eggs
- Poultry: skinless chicken or turkey breast
- 85% or more lean ground beef, turkey or pork
- Lean cuts of beef or pork (loin, round cuts, etc.)
- Fresh fish
- Canned meat or fish in water



### Let the colors be your guide:

Lean cuts of beef and pork and low-fat products such as fish, poultry and eggs

Dark meat such as steak, ground beef and chicken or turkey with skin

Processed meats such as high-fat, high-sodium bacon, ham and sausage

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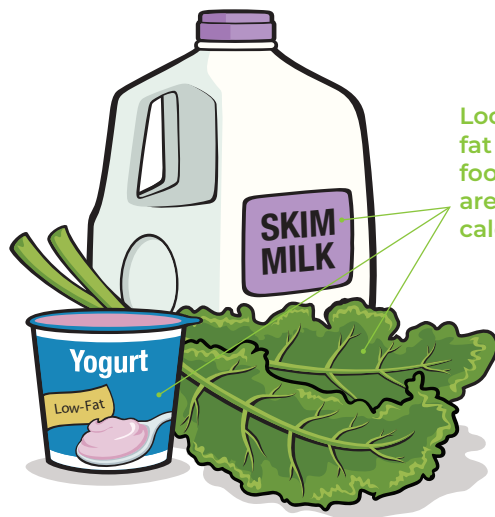
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# Heart Smarts

## calcium

**Look for low-fat dairy and foods that are high in calcium.**



**Get Heart-Healthy!** To eat more foods with calcium, try plain, low-fat yogurt with fresh fruit or a salad with green, leafy vegetables.

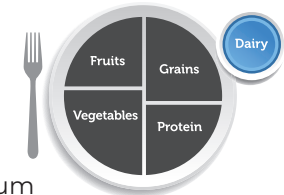


Foods with calcium help build strong bones and teeth.

## Choose foods with calcium 2–3 times a day.

### Shopping List:

- Low-fat milk
- Low-fat lactose-free milk
- Low-fat yogurt
- Low-fat cheese
- Unsweetened soy, rice or almond milk with added calcium
- Green, leafy vegetables
- Canned salmon and sardines (in water)



### Let the colors be your guide:

Non-fat, skim or 1% milk; low-fat yogurt or cheese; and green, leafy vegetables

Whole milk foods such as milk, yogurt, cheese and flavored milk

High-fat milk foods such as cream, butter, ice cream and cream cheese

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# Heart Smarts

## sodium

### Look for low-sodium foods.

Add less salt to meals and always taste food before adding salt.



Look for no-salt-added or low-sodium foods.



Choose fresh foods which are naturally low in sodium.



**Get Heart-Healthy!** Cook with spices instead of salt and choose low-sodium versions of your favorite foods.

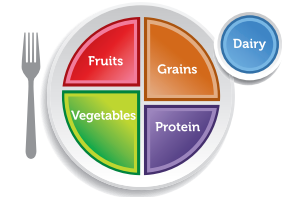


Lowering sodium may reduce your risk of high blood pressure.

## Reduce sodium intake to less than 2,300mg per day.

### Shopping List:

- Fresh fruit and vegetables
- Low-sodium or no-salt-added canned vegetables
- No salt added spices
- Dried beans or no-salt-added canned beans (black, pinto, white, garbanzo, etc.)
- Unsalted nuts and seeds (almonds, cashews, pistachios, peanuts, etc.)



### Let the colors be your guide:

No-sodium or low-sodium foods like fresh fruits and vegetables, dried beans, canned beans, nuts and seeds

Regular beans that are high in sodium, but have been rinsed

High-sodium (more than 20% of the Daily Value) canned beans, nuts, seeds, soups and sauces

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# Heart Smarts snacks

**Look for  
healthy snacks.**

Nutrition Facts	
1 serving per container	
Serving size	1 oz (28g)
Amount Per Serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 8g</b>	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.5mg	8%
Potassium 200mg	4%

Ingredients: almonds

Choose products with  
1 serving.



**Get Heart-Healthy!** To keep your snacks healthy, choose fruits and vegetables, and read the nutrition label on packaged foods.

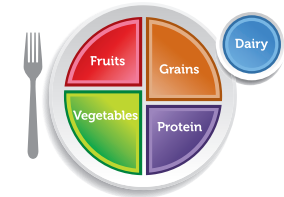


Healthy snacks can help  
maintain energy during the day.

**Choose healthy snacks.  
Limit to one serving.**

**Shopping List:**

- Whole or cut fruits and vegetables
- Low-fat string cheese
- Popcorn without added salt or butter
- Non-fat or low-fat yogurt
- Unsweetened applesauce
- Nuts and seeds without added salt
- Raisins or dried fruit without added sugar
- Whole grain snack bars that are low in sugar



Let the colors be your guide:

Fruits, vegetables and packaged snacks that follow MyPlate recommendations

Packaged snacks that have added salt, sugar and fat like pretzels, baked chips, sweetened cereals and snack bars

packaged snacks that are high in salt, sugar or fat like chips, candy and cakes

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# Heart Smarts beverages

**Look for water and drinks  
without added sugar.**

Nutrition Facts	
1 serving per container	
Serving size 2 Cups (480mL)	
Amount Per Serving	
<b>Calories</b>	<b>0</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%



**Ingredients: water**

Look in ingredients for no added sugars, such as corn syrup.

**Get Heart-Healthy!** To cut back sugar, drink more water. Try adding lemons or cucumbers and mint, to flavor your water.



Water and drinks without added sugar are healthy low-calorie options.

**Choose 8 cups of water a day. Limit juice to 6 ounces or less a day.**

**Shopping List:**

- Water (no sugar added)
- Skim or 1% low-fat milk
- 100% fruit juice
- 100% vegetable juice (low-sodium)
- Teas (unsweetened)

Let the colors be your guide:

No sugar added water, fat-free or 1% low-fat milk

100% juice, diet drinks, low-fat flavored milk

Soda, fruit drinks, sweetened iced tea, lemonade

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# Heart Smarts

## prepared foods

**Look for healthy selections in the deli.**

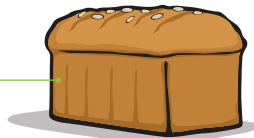
Choose water instead of soda.



Ask for added fruits and vegetables on your sandwich or with your platter.



Ask for sandwiches on 100% whole wheat bread.



**Get Heart-Healthy!** To cut down on sodium and fat, order dressings and sauces, like mayonnaise, on the side and use less of them.

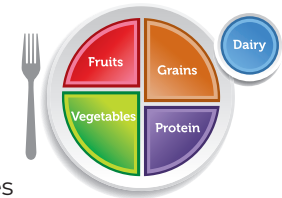


A low-sodium and low-fat diet supports a healthy heart.

## Choose low-sodium and low-fat options.

### Shopping List:

- 100% whole wheat bread
- Lean, low-sodium deli meat
- Baked, broiled or grilled chicken
- Baked, broiled or grilled fish
- Steamed or sauteed vegetables
- Spices with no added salt
- Fresh vegetables like spinach, onion, tomato and avocado
- Fresh fruit
- Water



Let the colors be your guide:

Deli choices that follow MyPlate recommendations

Deli choices that have salt, sugar or fat like added sauces and dressings that are not on the side

Deli choices that are high in salt, fat or sugar like French fries and soda

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# Heart Smarts

stretching your food dollars

## Plan your meals before you shop for food.

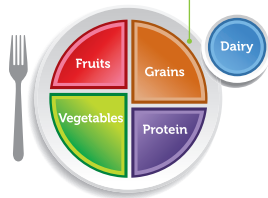
Plan weekly meals and snacks.



Look out for expiration dates.



Create meals based on MyPlate.



Store fresh foods in the refrigerator or freezer.



Canned or frozen fruits/vegetables are a good choice when fresh is not available/affordable.

## Buy larger packages, when possible, to save on cost.

### Shopping List:

- Dry or no-salt-added canned beans
- Canned vegetables (no-salt-added or low-sodium)
- Canned fruit in water, 100% juice or light syrup
- Frozen fruit and vegetables (no salt, sugar or added sauces)
- Canned fish in water (tuna, salmon, etc.)
- Whole grain pasta, rice and breads
- Skim or 1% low-fat milk and dairy products
- Eggs and lean ground beef, turkey or pork

## Let the colors be your guide:

Fruits and vegetables, no-sodium beans and other canned foods, eggs, and skim or 1% low-fat milk

Low-sodium beans and other canned foods, canned fruits in 100% juice or light syrup, and whole milk

High-sodium beans and other canned foods, fruit in heavy syrup, deli meats and bacon

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