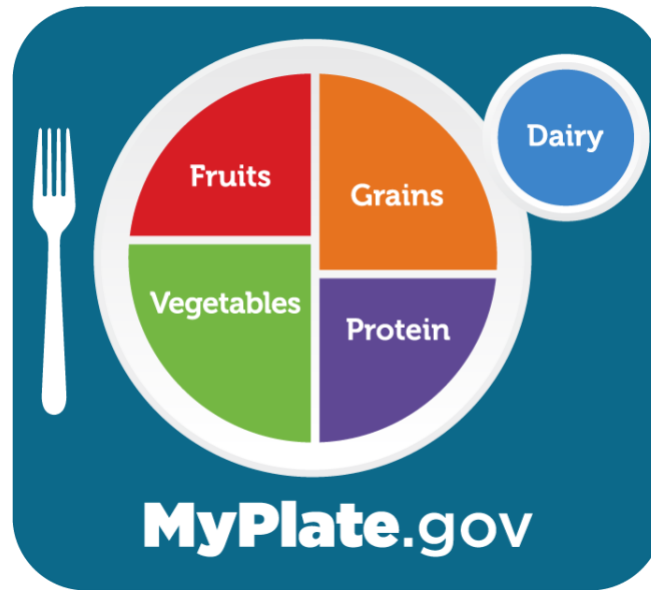


Healthy Nutrition Tips

The following guidelines can help you improve your health through a nutritious diet.



MyPlate

Use this easy guide to build healthy meals. Including a variety of food groups helps ensure you get the right balance of nutrients. Below are some examples of heart healthy foods in each group:

Fruit: apples, bananas, peaches, berries, oranges, papaya, mango, kiwi

Vegetables: peppers, onions, broccoli, cauliflower, spinach, carrots, tomatoes, green beans

Grains: brown rice, wild rice, quinoa, 100% whole grain bread, barley, oats, farro

Protein: beans, lentils, tofu, nuts, seeds, seafood, skinless poultry, eggs, lean meats

Dairy: low-fat or non-fat milk, yogurt, and cheese

Visit [MyPlate.gov](https://www.myplate.gov) for additional nutrition tips.

Check out The American Heart Association website, [heart.org](https://www.heart.org), for heart healthy recipe ideas.

Portion Size Guide

When trying to eat healthy, it helps to be aware of just how much you're eating. It can be easy to misjudge appropriate portion sizes. Use the comparisons below to help you determine the serving sizes on your plate.

1 cup = baseball
3 ounces fish = checkbook
3 ounces meat or poultry = deck of cards

1 ounce or 2 tablespoons = golf ball
1 tablespoon = poker chip
1 teaspoon = postage stamp

Tips for Reading Food Labels

The Nutrition Facts panel can help you make decisions when shopping for food. Keep these tips in mind:

Serving size: The information on the label applies to one serving. If you eat more than one serving, you get more nutrients.

Total fat: Choose foods with less than 5 grams of total fat per serving.

Saturated fat: Choose foods with less than 2 grams of saturated fat per serving.

Trans fat: Avoid trans fat as much as possible.

Sodium: Foods with 140 milligrams of sodium or less per serving are considered "low sodium."

Added Sugars: Choose foods with no more than 5 grams of added sugar per serving.

Dietary fiber: Choose foods with at least 5 grams of fiber per serving.

*Courtesy of the Academy of Nutrition and Dietetics
EatRight.org*

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	