



The American Heart Association recommends a healthy eating pattern that emphasizes vegetables,



- Eat a variety of colors and types, especially deeply colored vegetables, such as dark, leafy greens, carrots and broccoli.
- Look for vegetables canned in water with low or no sodium. Look for vegetables without high-calorie sauces or added sodium or sugars.
- Examples of a portion per serving: 2 cups raw leafy greens; or 1 cup cooked vegetables; or 1 cup 100% vegetable juice (no salt added).
- Unsweetened fruits are best. Eat a variety of colors and types, especially deeply colored fruits, such as peaches and berries.
- Eat whole fruits to get all the nutrients (such as dietary fiber).
- Examples of a portion per serving: 1 medium fruit (about the size of a baseball); ¼ cup unsweetened dried fruit; 1 cup fresh, frozen or canned fruit (unsweetened frozen or canned in its own juice or water without added sugar); or ½ cup 100% fruit juice.
- Avoid sugary drinks. They're high in calories and low in nutrients.
- Choose food made mostly with whole grains. Select items such as whole-wheat bread, whole-grain crackers and brown rice. Look at the ingredients list to see that whole grains are the first ingredient.
- Examples of a portion per serving: 1 slice bread; ½ cup dry pasta (about the size of a baseball).
- Mix up your protein sources, choosing mostly protein from plants, such as edamame, tofu, beans, lentils, chickpeas and split peas.
- Fatty fish, such as salmon, mackerel, herring, lake trout, sardines and albacore tuna, are high in omega-3 fatty acids.
- Remove skin from poultry before eating.
- Trim all visible fat from meats before cooking.
- Limit processed meats, such as bacon, salami, ham, hot dogs and sausage.
- Examples of a portion per serving: 2 egg whites; ¾ cup egg whites. A portion is about the size of a deck of playing cards.

