A healthy eating pattern is about smart choices. The American Heart Association suggests these daily amounts.*

**VEGETABLES**
- Canned, dried, fresh & frozen
- 5 servings

**FRUITS**
- Canned, dried, fresh & frozen
- 4 servings

**WHOLE GRAINS**
- Barley, brown rice, millet, oatmeal, popcorn and whole wheat bread, crackers & pasta
- 3-6 servings

**DAIRY**
- Low fat (1%) and fat-free
- 3 servings

**PROTEINS**
- Eggs, fish, lean meat, legumes, nuts, poultry & seeds
- 1-2 servings

**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

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

**KEEP**
- Healthy habits even when you eat away from home

*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.