HOW TO BUILD A
HEART HEALTHY EATING PATTERN

GET THE NUTRIENTS YOU NEED WITH VARIETY
Eat a variety of foods across all food groups (Fruits, Vegetables, Whole Grains, Protein, Dairy)
Eat a variety of foods within each food group (i.e., dark leafy greens, red tomatoes, orange carrots, etc. for Vegetables)
Choose foods in all forms (fresh, canned, dried, frozen, 100% juice)

KEEP A HEALTHY BODY WEIGHT WITH APPROPRIATE SERVINGS SIZES
Food group targets that support a healthy body weight vary depending on our age, sex, height, weight and activity level
Don’t measure every mouth; simply aim for the following number of food group servings each day

LOWER YOUR RISK OF HEALTH PROBLEMS
Limit nutrients of concern - added sugar, sodium and saturated fat - to help prevent and reduce the risk of chronic disease

A HEART HEALTHY EATING PATTERN INCLUDES:

MOSTLY WHOLE
ALL FORMS
2 1/2 SERVINGS/DAY

COLORFUL
ALL FORMS
2 1/2 SERVINGS/DAY

LOW-FAT
SOY AS NON-DAIRY ALT
2 SERVINGS/DAY

PLANT + ANIMAL
LEAN CUTS
6 1/2 SERVINGS/DAY

PLANT-BASED
5 SERVINGS/DAY

5-6% CALORIES FROM SATURATED FAT/DAY
10% CALORIES FROM ADDED SUGAR/DAY
1,500 MG SODIUM/DAY
1-2 ALCOHOLIC DRINKS/DAY

Food group and limits’ values were estimated using the USDA 2010 Dietary Guidelines for Americans and were based on a 2,000-calorie Healthy Mediterranean Style Eating Pattern.