CREATE A HEALTHY EATING PATTERN
Make smart choices and swaps to build an overall healthy eating style. Listen to your body - if you are hungry, make a healthy choice. When you are full, stop eating.

ENJOY
vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless chicken or turkey, fish and seafood.¹

LIMIT
sweetened drinks (soda, juice, sweet tea, flavored milk), sodium, red and processed meats, refined carbohydrates like added sugars (white rice and most white breads, pastries, cakes, and crackers) and processed grain foods (chips, sweets, packaged soups, chicken nuggets, hotdogs, and fries), full-fat dairy products, highly processed foods, tropical oils like coconut and palm, and alcohol.²

AVOID
trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods). These items are listed on the food label.³

Learn more at heart.org/lifes8

Remember, it’s all about balance. We don’t have to eat perfectly all the time, and it’s okay to enjoy our favorite treats once in a while. Eating a healthy diet helps us have energy, feel good, and be our best selves. Make healthy choices together as a family and make mealtimes fun!

Find heart-healthy, kid-friendly recipes at recipes.heart.org/en/collections/lifestyles/kid-friendly. Learn how to read nutrition labels and cooking skills to make your meals healthier at heart.org/healthyeating.

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