CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association’s recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified*:

**SOURCE OF NUTRIENTS**

*Beneficial Nutrients (naturally occurring):* 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

**LIMITED IN SODIUM**

*Sodium:* One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

**LIMITED IN BAD FATS**

*Saturated Fat:* 1 g or less per standard serving size and 15% or less calories from saturated fat

*Trans Fat:* Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

*All requirements listed apply to Standard Certification, see heartcheck.org/requirements.

TO LEARN MORE, VISIT heartcheck.org