

# I promise to EAT HEALTHY.

A healthy diet and lifestyle are some of your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there regarding healthy eating. It's best to get informed from credible sources, so you can make smart choices about your diet. It's the overall pattern of your choices that counts most — think nutrition.

Nutrient-rich foods have vitamins, minerals, fiber and other nutrients. The American Heart Association recommends that you eat a wide variety of nutritious foods daily.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Tips & Facts



Eat slowly, take smaller portions and avoid “seconds” — unless it’s to eat **more** vegetables

Use monounsaturated oils such as olive oil and avoid saturated fats such as butter, lard, palm oil or coconut oil.



Keep saturated fat to **less than**

**7%**

of energy; use red meat sparingly and choose lean or extra-lean cuts.



Cook foods in ways that do not add fat, like **baking, boiling, broiling, grilling, roasting** or **stewing**.

Sugary soft drinks may be associated with about **180,000 deaths** worldwide. Intake of sugar sweetened beverages linked to:

**133,000**

Diabetes deaths

**44,000**

Deaths from heart and blood vessel diseases

**6,000**

Cancer deaths

Get more healthy eating tips & facts at [nashvillegoesred.org](http://nashvillegoesred.org)

## GOALS FOR HEALTHY EATING

- Fruits and vegetables daily
- Fish twice a week
- Eat more whole-grain foods
- Eat more chicken, fish, nuts, seeds, and legumes
- Less than 300 mg of cholesterol per day
- Less than 1,500 mg of sodium per day
- Less than 36 oz of sugar-sweetened beverages per week