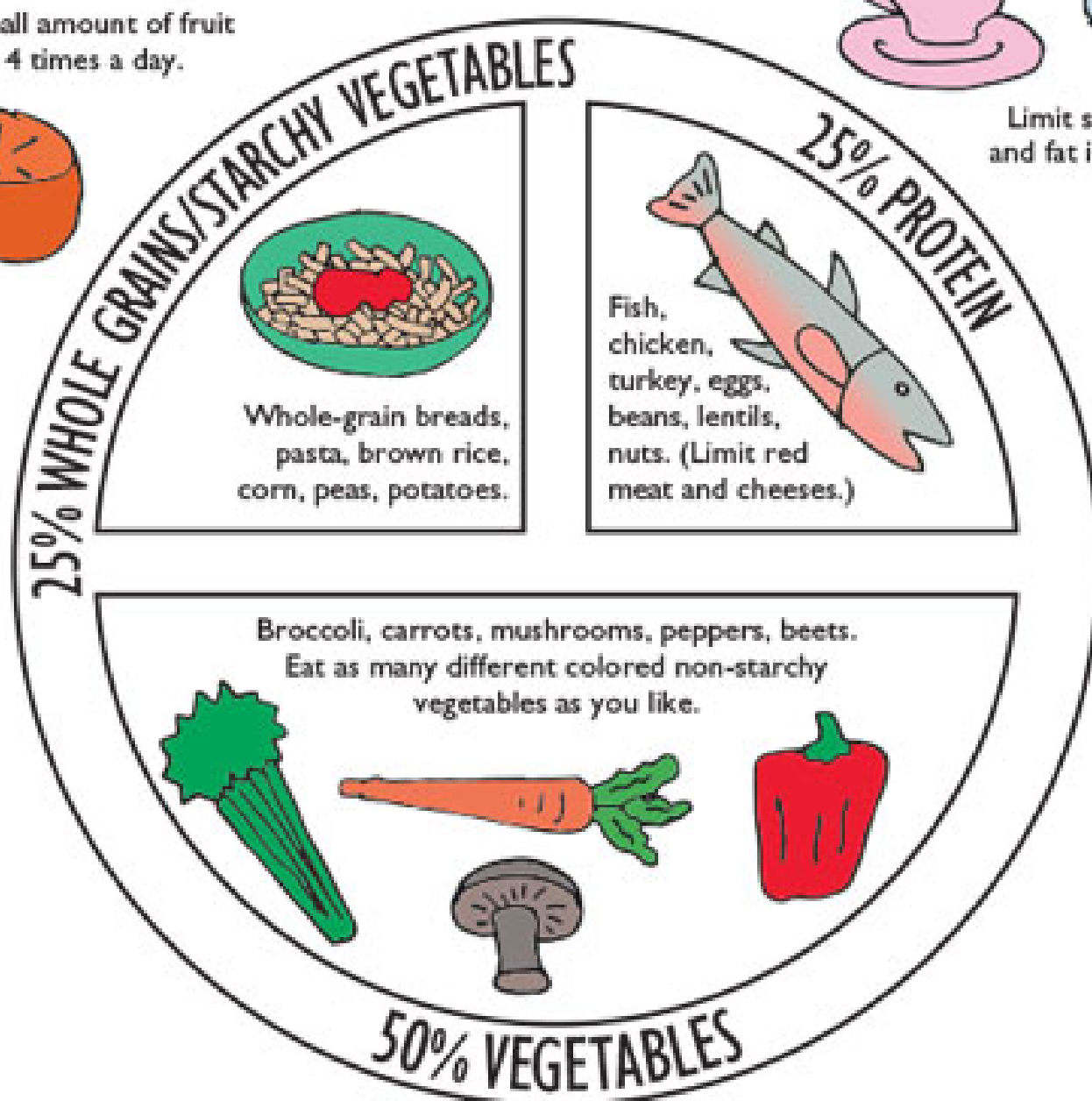
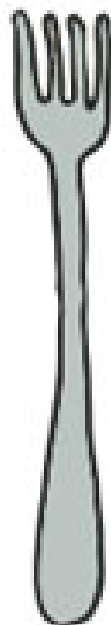


# HEALTHY EATING PLATE

Eat a small amount of fruit  
3 to 4 times a day.



TEA  
COFFEE



WATER

Limit sugar, salt,  
and fat in all meals.



Nine-inch Plate

Be active  
every day!



Use healthy oils  
(Limit Butter.)

# HEART HEALTHY FOODS

## PREVENT HEART DISEASE NATURALLY



**WHAT to EAT?**  
FRUITS and VEGETABLES



**WHAT to AVOID?**  
PROCESSED and GMO FOODS

**\* Good fats**  
monounsaturated fats  
polyunsaturated fats  
omega-3 fatty acids

**\* Bad fats**  
saturated fats  
trans fats

**↑**  
VITAMINS  
MINERALS  
ANTIOXIDANTS  
DIETARY FIBERS

**↓**  
SALT  
BAD FATS  
CALORIES  
CHOLESTEROL



### LIST of HEALTHY PRODUCTS



+ fibers  
+ folic acid  
+ potassium  
+ **vitamin C**



Chia seed

healthy protein  
+ fibers  
+ good fats



+ potassium  
+ folic acid  
+ **vitamin C, A**  
anti inflammation



+ Q10 co-enzyme  
+ fibers  
+ **vitamin A, C**  
reduce inflammation



+ antioxidants  
+ fibers  
+ good fats



+ antioxidants  
- cholesterol  
- blood pressure  
anti inflammation



+ **vitamin C, A**  
+ antioxidants  
+ potassium  
- cholesterol



+ **vitamin B**  
+ fibers  
+ good fats



+ fibers  
+ potassium  
+ good fats  
+ **vitamin C, B**



Spinatch

+ Q10 co-enzyme  
+ antioxidants  
+ potassium  
- cholesterol  
- toxins



+ antioxidants  
+ fibers  
+ potassium  
- cholesterol  
- blood pressure



+ fibers  
+ antioxidants  
- cholesterol



+ **vitamin A, C**  
+ potassium  
+ fibers



Brown rice

+ fibers  
+ antioxidants  
+ **lignans**



+ **vitamin C, B**  
+ antioxidants  
- cholesterol



Dark chocolate

+ antioxidants  
- cholesterol  
- blood sugar



+ **vitamin A, C**  
+ fibers  
+ potassium



+ **vitamin A, B, C**  
helps with  
cholesterol  
blood flow



+ **vitamin C, A**  
+ potassium  
+ fibers



American  
Heart  
Association



CARDIOGOD.com





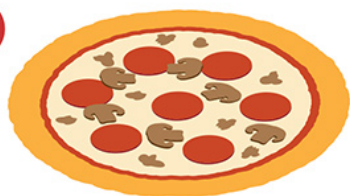
# For Kids



- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods can be shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

## FOODS THAT ADD THE MOST SODIUM TO THE DIET, AGES 6-18:

1



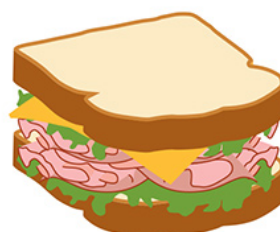
PIZZA

2



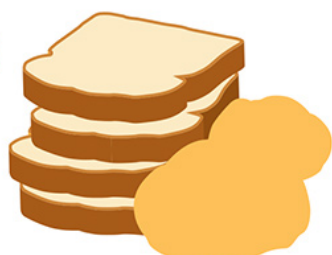
BURRITOS & TACOS\*

3



SANDWICHES\*\*

4



BREADS & ROLLS

5



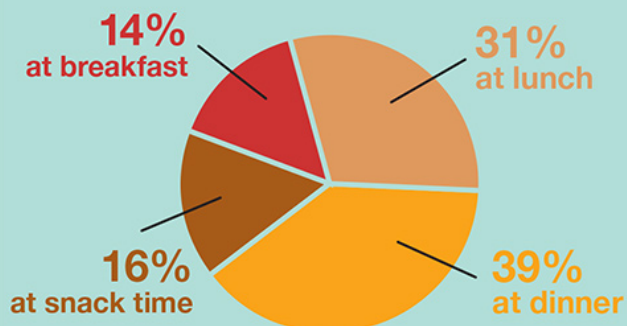
COLD CUTS & CURED MEATS

6



SOUPS

The sodium kids eat comes from every meal and snack:



Most of the sodium kids eat is already in the foods they get from:

STORES



58%

RESTAURANTS



23%

SCHOOL CAFETERIAS



10%

... and not from the salt shaker

Learn more at [heart.org/sodium](http://heart.org/sodium)