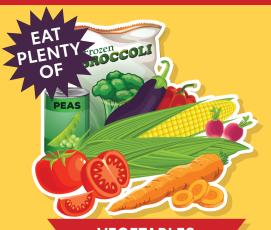


So you want to eat clean?

With so much conflicting information out there, how do you know what healthy eating really looks like? Let's clear up some of the myths about eating clean.

What does healthy eating look like?







VEGETABLES

FRUIT

WHOLE GRAINS



Only fresh fruits and vegetables are healthy.

A healthy diet can include fresh, frozen, canned and dried produce.



All processed foods are bad and full of chemicals.

Most foods you see at the grocery store have been processed in some way. Processed foods that don't have a lot of added sugar or sodium can be a part of a healthy diet. Think: baby carrots, whole-grain bread, plain yogurt or chopped nuts!

Healthy Eating TPS

- Select canned and frozen fruit and vegetables without salty sauces or sugary syrups.
- ✓ Drain and rinse canned products to get rid of some of the additives, such as salt and sugar.

Include these foods:



Low-Fat &
Fat Free Dairy



Skinless Poultry



Fish



Beans and Legumes



Nontropical Vegetable Oils



Nuts and Seeds

Healthy Eating PS

- Prepare food at home to control what is added.
- Bring out the natural flavors in foods by using healthier cooking methods, such as grilling, braising, roasting, searing and sautéing.
- Add flavor with delicious herbs, spices, black pepper and citrus juices instead of sugar, salt and unhealthy fats.



Fact

All foods labeled "natural" are good for you.

When it comes to food packaging, there is no official definition for the term "natural."



Fact

If I recognize the ingredients on the label, I have nothing to worry about.

Even if you recognize the ingredients, the food may still have too much sodium, added sugars and unhealthy fats.

Watch for and limit:



Salt/Sodium



Sugary Drinks



Sweets



Fatty or Processed Meats – choose lean or extra-lean meats instead

Healthy Eating TIPS

- Compare food labels and choose nutritious foods with the lowest amounts of sodium.
- Be aware of portion and serving sizes and total calories eaten.



I should avoid the middle aisles of the grocery store.

There are many foods throughout the grocery store that can be part of a healthy eating pattern.

heart.org/HealthyForGood.