



## Shopping for Heart-healthy Foods Made Easy



[heartcheckmark.org](http://heartcheckmark.org)

Healthy eating starts with what you put in your shopping cart. Make grocery shopping easier and faster with this guide to healthier foods in each food category. You can also look for the American Heart Association Heart-Check mark as a shortcut for choosing heart-healthy options. Every small change in what you buy can help make a positive difference in your health!

### **Heart-Smart Tip**

**Put sticky notes on foods you plan to replace with healthier options when it's time to buy more. Use the "My Grocery List" builder at [heartcheckmark.org](http://heartcheckmark.org) to build a free heart-healthy grocery list.**

### **Fruits and vegetables**

#### **Fresh:**

- ✓ Vibrantly colored fruits and vegetables, such as spinach, tomatoes, carrots, berries, oranges and peaches
- ✓ Easy-to-grab choices for snacks, such as baby carrots, broccoli florets, cherry tomatoes, sugar snap peas, grapes, sliced melon, apples, bananas and oranges

#### **Canned, dried and frozen fruit:**

- ✓ Canned fruit packed in water, juice or light syrup
- ✓ 100% fruit juice with no added sugars, no more than 120 calories per 8 fl oz
- ✓ Dried fruits, such as dates, apricots or raisins without added sugars
- ✓ Unsweetened frozen fruit to mix into smoothies, muffins and yogurt parfaits

#### **Canned and frozen vegetables:**

- ✓ Canned vegetables (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- ✓ 100% vegetable juice with no added sugars, no more than 120 calories per 8 fl oz
- ✓ Frozen vegetables (choose the product with the least amount of sodium you can find)

### **Grain products**

- ✓ Whole-grain breads, cereals, pasta and crackers (look for whole grain, such as whole wheat, whole oats or cornmeal and dietary fiber at least 10% Daily Value)
- ✓ Whole-wheat flour (substitute for half or more of the white flour in recipes)
- ✓ Other whole grains, such as brown rice, barley, quinoa and bulgur

### **Protein foods**

- ✓ Fish fillets or steaks, such as salmon, tilapia, cod, halibut and trout (be aware that breading and sauces may add extra calories and sodium)
- ✓ Cans or pouches of tuna, salmon or chicken, drained
- ✓ Dried beans, peas and lentils
- ✓ Canned beans (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- ✓ Extra-lean cuts of beef and pork (cuts with "loin" and "round" in the name)
- ✓ Ground beef or poultry labeled "extra lean"
- ✓ Skinless chicken breasts
- ✓ Extra-lean deli meats (choose the product with the least amount of sodium you can find)
- ✓ Nuts, such as almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and pine nuts (unsalted or with no more than 140 mg of sodium per label serving)

### **Dairy and eggs**

- ✓ Fat-free (skim) or low-fat (1%) milk
- ✓ Low-fat or nonfat yogurt with no more than 20 g of total sugars per 6 oz serving
- ✓ Liquid egg whites and egg substitutes

### **Fats and oils**

- ✓ Oils higher in unsaturated fats and low in saturated fats, such as canola, olive, peanut, safflower, soybean, corn and sesame oils (bottle or spray)
- ✓ Soft (tub or squeeze) margarines that contain "0 grams *trans* fat" and list a vegetable oil or water as the first ingredient

***My Heart-Check Small Steps***

This week I will add these heart-healthy items to my grocery list:

- 1.
- 2.
- 3.