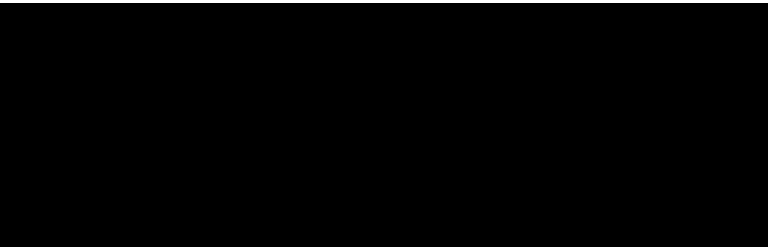




Healthy for

Learn more at heart.org/HealthyForGood.





About SNAP

you can get a variety of healthy foods.

- Learn more about SNAP: www.fns.usda.gov/snap

If you're eligible for SNAP, these are foods you can get for your family: breads and cereals; fruits and family members may receive baby food, including infant formula, cereals,100% juices and baby food in boxes and jars.

Healthy Eating Recommendations

Think about your family. How you eat at home can have a big impact on the health of your loved ones. The American Heart Association's Healthy Eating Recommendations are based on a 2,000-calorie diet. They're a good guide for healthy eating providing these tips:

Foods should give you energy — not weigh you down:
With a few simple changes, you can make eating healthy your easiest habit.

LIMIT
SUGARY DRINKS, SWEETS, FATTY MEATS, AND
SALTY OR HIGHLY PROCESSED FOODS

ENJOY
A VARIETY OF NUTRITIOUS FOOD FROM ALL OF THE
FOOD GROUPS, ESPECIALLY FRUITS & VEGGIES

* Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day.
Your calorie needs may be different. servings equivalent may depend on form of food. More info on serving sizes is a

Planning Your Meals

prepared. You can save money, too!

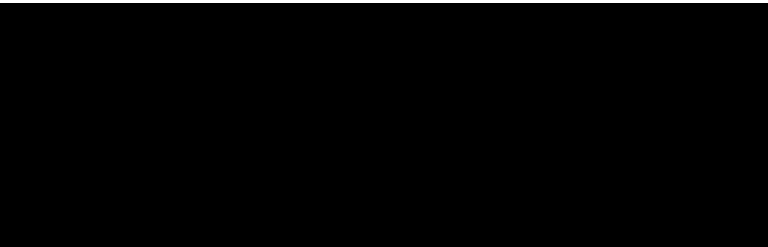
Use a calendar. Write in the meals for the week. If you know you'll eat out during the week, note that on the calendar and estimate the cost in your budget.

The Healthy for Good™ website has hundreds of healthy options that are simple, quick and budget-friendly. It also has many videos that demonstrate recipes and cooking skills. (heart.org/recipes)

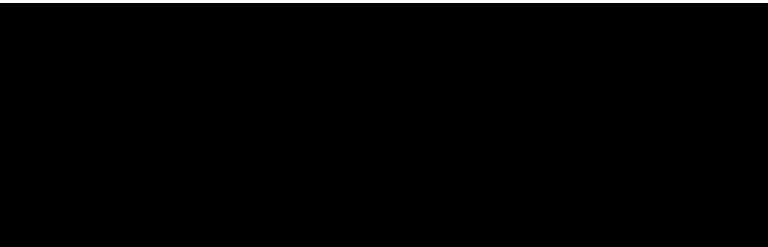
Keep track of recipes your family likes. Note on the recipes if you had leftovers, and keep those meals in mind for your busiest weeks.

Here are some guidelines to use in selecting recipes and making purchases. They'll help you make healthier choices while staying on budget.

- **Check the serving sizes on recipes and the Nutrition Facts labels on boxed or canned foods.** right amount of calories. It will also make meals go further. Some recipes may make enough servings for leftovers!
- **4oVaT Snc~Na €oU AaL `NAro JAa `A]N `NA^ k^AaaVaT msVJ] AaL NAo{™ Can** source of protein; often you can save money by buying several cans. Be sure to trim all visible fat from meat and remove skin from chicken before cooking.
- **Try a meatless meal each week.** Whole grains and beans are great sources of protein. They're often more affordable and may require less work to prepare than meats or seafood. Or feature lentils, tofu or chickpeas as the main ingredient in your next meal.



- **To make meals more fun, create theme nights.**
 - o **Salad Night:** Make your entrée a healthy bowl of greens. Toss in pieces of cooked skinless chicken breast and nuts or seeds (with little or no salt) for protein. Use a wide variety of fresh veggies and dark green lettuce. Skip iceberg lettuce; it's lower in nutrients.
 - o **Soup's On:** Prepare your favorite vegetable soup recipe. Or, you can sauté a wide range of veggies and greens (like kale and spinach), pour in low-sodium broth and add fresh herbs and some spice for seasoning. For a family, play the “alphabet soup” game and try to use a veggie for as many different letters as possible.
 - o **Taco Night:** Pile on the veggies and use whole-wheat or corn tortillas. Mix a little fat-free or low-fat plain Greek yogurt and lemon juice to make a healthier version of sour cream.
 - o **Homemade Pizz a:**



When You Shop

When you’re shopping, stay focused. You’ve worked hard to stay on budget and choose healthy foods — don’t let your work go to waste!

Here are some things to keep in mind:

- **Know the different types of grocery stores, and the prices they charge.** A basic grocery store sells a wide selection of foods and basic household items. A supermarket is larger and stocks food along with clothing, electronics and other household accessories. Many convenience stores are smaller stores (often connected to gas stations) that primarily offer pre-packaged snacks. Specialty grocery stores and delis sell unique types of food but usually have less variety. Grocery stores and supermarkets tend to have the most affordable food prices. Visit a grocery store close to your home to make shopping as easy as possible.
- **Here’s some guidance for shopping at convenience stores.** First, walk around the store to check out all your options. Don’t allow yourself to make impulse buys. Be sure to read Nutrition Facts labels. Even though yogurt might seem healthy, it might also be packed with sugar. If you’re thirsty, choose water. Avoid the sugary drinks and soda dispensers.
- **Get to know your grocery store aisles and shelves.** Look for aisle markers to help you locate an item. Ask the staff to direct you to save time.
- **Compare prices as you shop.** Store-brand products may be more affordable.
- **Sign up for reward cards and online coupons when stores have them.** You may get special savings alerts and discounts.
- **Download coupon apps.** Information on how you can save will be sent directly to your mobile phone.
- **Use coupons for food items you plan to buy.** And compare prices! Having a coupon for an item doesn’t always mean that it’s the best deal.
- **Look for whole-grain breads and cereals with less sodium and added sugars.** Store-brand cereals are generally much more affordable.
- **Choose low-fat or fat-free dairy products.** Buy the largest container that your family can use to get the most “bang for your buck.” (Make sure you have enough room for bulk buys in your refrigerator.)
- **Buy in bulk when you can.** Buy the largest container that your family can use to get the most “bang for your buck.” (Make sure you have enough room for bulk buys in your refrigerator.)
- **Buy only a week’s worth of fresh produce.** Buy the largest container that your family can use to get the most “bang for your buck.” (Make sure you have enough room for bulk buys in your refrigerator.)
- **Save your receipts.** When you get home, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.

Know Your Labels and Dates

Learning how to read and understand food packaging is key to knowing what’s in your food and how to best store and prepare it. The tips below tell how to quickly get the information you need when buying and cooking healthy meals for your family!

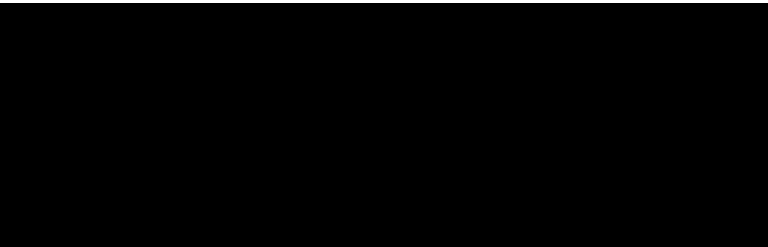
The Nutrition Facts label contains useful information. Use it at the store when comparing products and at home when portioning meals. Here’s what you need to know.

It’s also smart to look at dates on packages. Depending on which food you’re buying, the package date could be a recommendation on when it should be sold or when it should be eaten.

- **“Sell by”** dates tell the store how long to keep the items on the shelves. Buy foods before the “sell by” dates.
- **“Best if Used By (or Before)”** dates are a recommendation on when the product should be at peak quality. It’s not a purchase or safety date. It just tells when the product should be at peak quality.

If food is handled and stored properly, it will last longer. Don’t eat spoiled food. Remember: If in doubt, throw it out.

- **It’s best to keep produce cool.**



This sample grocery list can help you make healthier choices when you shop. Add the quantity you need next to each item, and check if you have a coupon. Planning ahead will help you save time and money!

Remember to compare labels and choose products with the lowest amount of sodium, added sugars, saturated fat, and sodium.

Fresh Vegetables

Quantity	Coupon
Asparagus	☐
Broccoli	☐
Carrots	☐
Celery	☐
Corn	☐
Cucumbers	☐
Lettuce/Greens	☐
Onions	☐
Peppers	☐
Potatoes	☐
Spinach	☐
Squash	☐
Sweet potatoes	☐
Tomatoes	☐
Zucchini	☐
	☐
	☐

Fresh Fruits

Quantity	Coupon
Apples	☐
Avocados	☐
Bananas	☐
Berries	☐
Cherries	☐
Grapefruit	☐
Grapes	☐
Kiwifruits	☐
Lemons/Limes	☐
Melon	



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Healthy for Good™