



American Heart Association.



Life's Essential 8TM for Women

EMBRACE HEALTHY EATING

Nourish your Body and Mind

Eating healthy can be easy. Yes, you read that correctly. Maintaining a nutritious diet that supports your whole well-being isn't achieved through fad diets, bland meals, and counting calories. It's all about balance, finding tasty options you love, and making healthy choices.

- » **It's okay to be extra.** Enjoy - vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.
- » **Less is more.** Limit - sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.
- » **Break up with - trans-fat and partially hydrogenated oils** (found in some commercial baked goods and fried foods).

Learn to Love Labels

The most important labels to love shouldn't be found hanging in your closet but stored in your pantry instead. Learning how to read and understand nutrition labels can help you make healthier choices. When you have more than one choice, choose the products with lower amounts of sodium, saturated fat and added sugar.

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your healthy eating goals.

- » **KEEP THE CALORIES CONSCIENCE** Understand serving sizes and keep portions reasonable. When maintaining a healthy weight, aim to eat around as many calories as you work off through physical activity.
- » **BE QUEEN OF YOUR KITCHEN** Take control over the nutritional content of your food by learning healthy preparation methods and cooking more at home.
- » **LOOK FOR THE HEART-CHECK** The Heart-Check mark on food products helps you find foods that can be part of a healthy eating plan.
- » **GET INSPIRED** The American Heart Association has hundreds of heart-healthy recipes to choose from.

GO RED TOGETHER

Help other women in your life embrace healthy eating, by sharing a heart healthy recipe from [recipes.heart.org](https://www.recipes.heart.org) with friends.

goredforwomen.org/lifes8women

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