

Resolutions for Health: Develop New Shopping & Eating Habits

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For more information on ways to lead a healthier lifestyle
visit our website getheathyct.org

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January 2016





Monthly Health Challenge: Walk-To-Wellness Challenge

Walking is a great way to stay active and improve your health. Those who walk on a regular basis have increased muscle strength and flexibility, fitness and energy levels as well as improved health and well-being. The American College of Sports Medicine recommends walking at least 10,000 steps per day, or approximately 5 miles, for health benefits and to reduce risk of Cardiovascular Disease, Type 2 Diabetes and Obesity. So get up and start walking today!

To help you start walking, we have provided you a calendar below with daily step goals. Before you start, you need something to help you track how many steps you take each day. You can buy a pedometer, use a FitBit, Nike Fuelband or other wearable exercise tracker, or download a step tracking app to your cell phone.

Once you have your step tracker, put it on right when you wake up each morning and wear it all day. Try to walk the target steps shown. Before you go to bed, write down the total steps you walked for the day on the calendar. Start again the next day. Your goal is to build up to walking 10,000 steps every day by the end of the month and then to keep walking that much every day.

Need some ideas for how to add more steps to your day? Check out "[Add More Steps to Your Day.](#)" Please check with your physician before you start any exercise program.

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4,000	2 4,000
3 4,000	4 4,000	5 4,000	6 4,000	7 4,000	8 4,000	9 4,000
10 6,000	11 6,000	12 6,000	13 6,000	14 6,000	15 6,000	16 6,000
17 8,000	18 8,000	19 8,000	20 8,000	21 8,000	22 8,000	23 8,000
24 10,000	25 10,000	26 10,000	27 10,000	28 10,000	29 10,000	30 10,000
31 10,000	Congratulations and Keep on Walking!					

Tips for Keeping Your New Year's Resolutions

How to Make Your Yearly Resolutions Stick



By, Kirsti A. Dyer MD, MS, FT, CWS – Columbia College

New Year is a time for new beginnings. These may include making resolutions. This year discover ways to help you make New Year's resolutions or goals that will stick. Many people use the start of a New Year as a reason to commit to change.

People have great hopes of changing what they do not like about themselves, yet within a couple of weeks after New Year, they have broken or given up on their New Year's Resolutions. One of the main reasons is because the goals that they set are too vague or too unrealistic. Goals like wanting to quickly lose 50 pounds, paying off credit card debt in a month, exercising 2 hours a day or suddenly start eating healthy foods all of the time may be difficult for people to achieve.

Quick Tips to Keep Healthy New Year's Resolutions

The key to keeping one's New Year's Resolutions involves picking a realistic goal, taking small steps towards that goal and learning to take slip ups in stride.

- Pick one thing that you want to change or set one goal that you want to accomplish.
- Take small steps, or make small changes every day to incorporate that change into your life.
- Be sure to congratulate yourself for making these small changes.
- Learn to take setbacks in stride and recommit to your goal.

Perhaps one of the best New Year's motivators is the quote by Chinese philosopher, Lao tzu who wisely said in *The Way of Lao-tzu*, "A journey of a thousand miles begins with a single step."

Keys to Making a Successful Resolution

Many years ago researchers Miller and Marlatt at the University of Washington discovered there were key steps to making a successful resolution. These researchers discovered that people who were successful in keeping their resolutions:

- Had a strong initial commitment to make a change
- Had coping strategies to deal with problems that will come up
- Kept track of their progress

Miller and Marlatt discovered that the more monitoring a person does and the more feedback the person is getting about their progress, the better they will do. Another key element in making a successful resolution is the person's confidence that he or she is able to commit to making the change and then can change their behavior. They emphasized that "resolutions are a process, not a one-time effort that offer people a chance to create new habits."

Tips to Help You to Keep Your New Year's Resolutions

The American Psychiatric Association (APA) offers the following tips to help families and individuals keep their resolutions for a healthy mind and healthy life.

- *Don't make too many resolutions.* Pick a realistic, attainable goal with a reasonable time frame.
- *Choose your own resolution.* Make sure your goal is something that you want to accomplish for yourself and not just for friends or family.
- *Make a plan and write it down.* Plan what you'd like to accomplish in a certain period of time, like three months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.
- *Involve friends and family.* They can support your efforts, and can motivate you to keep going.
- *If you get off track, forgive yourself.* Review your plan and make adjustments.
- *Congratulate yourself.* Reward yourself when your intermediate goals or resolutions are met.

Make Intentions or Set Goals Rather than Making Resolutions

Some people find the language they use to make their New Year's Resolutions may help them stay on track. Instead of referring to them as "resolutions" think of them as "goals" or even better "intentions" that you make to commit to change.

Most Important Point to Help Keep a New Year's Resolutions

The APA points out that a person needs to decide if they are truly ready and willing to make a life change. Simply deciding to make the change as part of a New Year's resolution is often not enough motivation to result in achieve the goal.

After deciding upon a resolution, come up with an action plan for achieving the goal. Consider listing the ways achieving the goal will help improve life. For many people keeping the eye on the prize, the top of the hill or a goal at the end will make it more likely to that they keep going.

The bottom line to keeping your New Year's Resolution involves:

- Setting a realistic goal or deciding on a realistic intention.
- Taking small steps daily towards that goal.
- Having a plan for dealing with missteps.
- Congratulate yourself for taking small steps and making small changes.

Good luck in making and keeping your New Year's Resolution, or New Year's Intention. Remember to take it one step at a time and you'll reach that goal.

5 Heart Healthy Resolutions for the New Year

by [Julia Rodack](#)



The New Year is a perfect time to reflect on the past 12 months and assess what habits you want to take with you, and what you want to leave behind. Yes, resolutions can both feel and *be* hard to keep, but they don't have to be. "Usually when people fail to accomplish their mission for a healthier life they don't set achievable goals and have a lack of commitment," says Maribet Rivera-Brut, nutritionist and American Heart Association volunteer. "And 'commitment' is the key word here."

It takes 21 days to make a habit and only one day to break it, says Maribet, so keep your focus. To ensure success, follow these rules:

- **Create realistic goals and strategies.** "Set a goal you know you can keep," says Maribet. If you are trying to eat more vegetables, don't start by gorging yourself. Pace yourself."
- **Keep it simple.** If you aren't used to eating something, try gradually adding it to your diet, suggests Maribet suggested. Not a fan of greens? Try mixing a small amount of frozen spinach to smoothies. Not sure you'll like quinoa? Add a scoop to salads to help get used to the taste and texture.
- **Be patient.** "We need to accept the fact that we followed the same lifestyle for a very long time," says Maribet. "Changing it isn't always easy." And remember, it's OK to slip up sometimes – just remember to get back on track.

Ready to get started? Here are five easy, heart healthy resolutions for every lifestyle.

1. Drink more water

You've heard it time and again, but the fact remains: Drinking the right amount of water is a key ingredient in staying healthy. If you're drinking more water, you'll have less room for sugary sodas – which is a good thing. “More than half of the calories we consume everyday come from sweetened beverages,” says Maribet. “Many people forget the cheapest drink is readily available in our houses – known as water.” If you're looking for more ways to get your eight glasses a day, check out [this list](#).

2. Go green

Make 2013 the year of the kale chip – not the tortilla chip. By keeping your cabinets stocked with [heart healthy fruits and vegetables](#) you are in better shape to stick to your resolution. And if fresh doesn't work with your schedule or habits, remember you can get frozen or canned. Just be sure to rinse canned fruits and vegetables, as they may contain added salts and sugars.

3. Eat seasonally

Good for your budget and waistline, eating seasonally means you are getting food at its peak performance and flavor level. (Farmers' market bounty varies by season, so before you head out take a [look at this list](#).) Additionally, you'll be supporting your local community and farmers, which is always a great resolution as well.

4. Cut out processed food

Just do it. Decide that 2013 is going to be the year you say no to aspartame, high fructose corn syrup and hydrogenated oil. In addition to chemicals your body doesn't need or want, processed foods are full of added salt. Higher salt intake puts you at risk for high blood pressure. In fact, [75 percent of the salt in the average American diet comes from salt added to processed food and restaurant food](#), according to the American Heart Association. So take control and cut out salt where you can.

5. Eat more fiber

Crucial to heart health and reducing the risk of heart disease, fiber is easy to add to your diet. Whole grains are filled with fiber, which [makes digestion easier and helps you feel fuller](#) when you're done eating – both key factors in weight management.

Julia Rodack is NYC-based writer and editor. She loves food, fashion and alliteration. Her work has appeared in Time Out New York, The Brooklyn Downtown Star and various online publications.

Source: <https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/5-heart-healthy-resolutions-for-the-new-year/>

KEEP YOUR RESOLUTIONS THIS YEAR – LET THESE APPS HELP!

It's that time of year when we all make New Year's Resolutions. But the hardest part of resolutions always seems to be keeping them! Try one of these easy to use apps and websites to help you track your healthy resolutions and improve your health and wellbeing in 2016.



[MyFitnessPal](#)

This leading calorie tracking tool includes a database with more than three million foods so you can easily track and improve your eating habits. It also includes tools for tracking cardio and strength training activity.

Cost: Free. Available for iOS, Android, Blackberry and Windows Phone.



[Fooducate](#)

A great tool to help you develop healthier eating habits. The app includes a barcode scanner to help you identify healthy foods when shopping, a tracking tool to monitor your eating habits, and a discussion board to ask questions and get answers to support your goals.

Cost: Free. Available for iOS and Android.



[SparkPeople](#)

Provides a comprehensive tool including calorie counters and meal plans, fitness programs, and activity and food tracking tools. The website also includes a large library of articles, videos, and healthy recipes, as well as conversation communities and message boards on a variety of topics.

Cost: Free. Available for iOS and Android, as well as website.



[Mint](#)

If your resolution focuses on managing your finances, Mint is a great tool with a wealth of budgeting and personal money management features. You can create budgets, check your credit score, and organize your personal financial information in one location.

Cost: Free. Available for iOS and Android.



[Stress Free Now](#)

This app, developed by The Wellness Institute at The Cleveland Clinic focuses on mindfulness, meditation, and relaxation techniques as a tool for stress relief. The app focuses on seven different relaxation techniques with the understanding that reducing stress is an integral part of improving health.

Cost: Free. Available for iOS.

Prefer to track your resolutions manually? See the next page for a simple resolution tracking worksheet!



2016 New Year's Resolutions



EXAMPLE: I resolve: *That I will walk more to improve my health and fitness*

Intermediate goal:	<i>walk more at home and work</i>	Target date:	<i>1/15/16</i>
Intermediate goal:	<i>Park farther from the store and walk</i>	Target date:	<i>1/31/16</i>
Intermediate goal:	<i>walk 4,000 steps/day for 1 week</i>	Target date:	<i>2/28/16</i>
Intermediate goal:	<i>Build up to 7,000 steps per day</i>	Target date:	<i>4/30/16</i>
Final goal:	<i>walk 10,000 steps/day</i>	Target date:	<i>6/30/16</i>

I resolve:

Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Final goal:	_____	Target date:	_____

I resolve:

Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Final goal:	_____	Target date:	_____

I resolve:

Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Intermediate goal:	_____	Target date:	_____
Final goal:	_____	Target date:	_____

parent tips

At the Store – Save Money and Shop Healthy

Try some of these tips to save money and eat better!



Use ads or the store's bonus or discount card.

- Weekly ads may offer discounts on healthy foods, like fruits and vegetables.
- Store cards can save extra money.
- You may need the card to get sale prices.
- Store brands are usually cheaper.

Read and compare the Nutrition Facts label on packaged foods.

- Look at the serving size and how many servings are in the package.
- Check the nutrients in each serving and choose products with lower numbers for calories, saturated and trans fats, sodium, and sugars.
- Compare brands and package size to find the best buy.

Buy fruits and vegetables in season.

- In-season fruits and vegetables may cost less.
- Shop at local farmers markets when you can.
- If your favorite fruits and vegetables are not in season, buy canned without added sodium (salt) or frozen without added fat.

Stock up and save.

- Buy the biggest size of canned, frozen, or packaged foods to save money.
- When on sale, buy lean meat, and fat-free or low-fat milk, cheese, and yogurt.
- Buy a whole chicken and cut it up. Pre-cut chicken costs more. Take off the skin before cooking.
- Buy milk in a gallon or half-gallon, instead of smaller sizes, to save money.

If you shop with your children, make it a time to learn.

- Teach your kids to look for healthy choices.
- Let your children pick out their favorite fruits or vegetables.
- If your kids ask for high-sugar or high-fat foods, be strong, say no, and tell them why. They learn to make good choices from you!

Need help getting started?
Turn this page over
for a sample grocery list!



Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop. Check out the *Go, Slow, and Whoa Foods Chart* on the **We Can!** Web site to compare these to other foods: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_grocery.pdf.

Before shopping, check off which types of items you need:

- ☐ **Fruits:** Fresh, frozen, or canned in its own juice.
- ☐ **Vegetables:** Fresh, frozen without added fat, or canned without added sodium (salt).
- ☐ **Meats:** Skinless chicken breasts or lean meats.
- ☐ **Milk products:** Fat-free or low-fat milk, cheese, or yogurt.
- ☐ **Grains:** Whole-grain breads and low-sugar or sugar-free whole-grain cereals.



Then, make your shopping list below:

Fruits

Vegetables

Meat, Poultry, Fish, Eggs, Beans and Nuts

Breads, Rice, Cereal, Pasta

Milk and Milk Products

Other

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



consejos para padres

Ahorre dinero en la tienda mientras compra alimentos saludables

Siga alguno de estos consejos para ahorrar dinero con alimentos más saludables.



Use cupones o las tarjetas de descuento de su supermercado.

- Los anuncios o cupones de la semana, que puede encontrar en las revistas o periódicos locales, pueden tener descuentos para alimentos saludables, como frutas y vegetales.
- Para ahorrar dinero y recibir precios especiales, utilice la tarjeta de su supermercado o tienda de preferencia.
- Ahorre más comprando las marcas de la tienda, ya que usualmente son más baratas.

Lea y compare las etiquetas de nutrición de los alimentos envasados.

- Verifique el tamaño de una porción y sepa cuántas porciones hay en un envase.
- Verifique los nutrientes que hay en cada porción y escoja los productos que sean bajos en calorías, grasas trans, grasas saturadas, sodio y azúcar.
- Compare las marcas y el tamaño de los envases para saber cuál es la mejor opción.

Compre las frutas y vegetales de la temporada.

- Las frutas y vegetales de la temporada pueden ser más baratas.
- Vaya de compras al mercado de productores local cuando pueda.
- Si no es la temporada de sus frutas y vegetales favoritos, compre productos enlatados sin sodio (sal) agregado, o productos congelados sin grasa agregada.

Acumule y ahorre.

- Compre los tamaños más grandes de alimentos enlatados, congelados o envasados para ahorrar dinero.
- Compre carne magra (baja en grasa), leche, queso y yogurt sin grasa o bajo en grasa cuando estén en liquidación (precio reducido).
- Compre un pollo completo y córtelo usted mismo, ya que el pollo que viene cortado es más caro. Recuerde sacarle la piel antes de cocinarlo.
- Para ahorrar dinero, compre un galón o medio galón de leche, en lugar de comprar tamaños más pequeños.



Vaya de compras con sus hijos y utilice ese tiempo para enseñarles a comer saludablemente.

- Enséñele a sus hijos a buscar opciones saludables.
- Deje que sus hijos escojan sus frutas y vegetales favoritos.
- Si sus hijos le piden alimentos con mucha azúcar o grasa, sea fuerte y diga no, luego explíqueles por qué. Recuerde que ellos aprenderán de usted a tomar las decisiones correctas.

¿Necesita ayuda para comenzar? Utilice la lista de compras en esta hoja.

Use esta lista como guía para ayudarle a usted y a su familia a tomar decisiones inteligentes en cuanto a una alimentación saludable. Ponga esta lista en la nevera de su casa o llévela con usted a la tienda o supermercado cuando vaya de compras.

Lea nuestra hoja informativa sobre la herramienta VARiedad en nuestra página web para aprender más sobre cómo incorporar alimentos saludables en la dieta de su familia: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_choices_sp.pdf

Antes de ir de compras, marque los tipos de productos que necesita:

- ☐ **Frutas:** Frescas, congeladas, o enlatadas en su propio jugo.
- ☐ **Vegetales:** Frescos, congelados sin grasas agregadas, o enlatados sin sodio (sal) agregado.
- ☐ **Carnes:** Pollo sin piel o carnes magras.
- ☐ **Productos derivados de la leche:** Leche, queso o yogurt bajo en grasa o sin grasa.
- ☐ **Granos:** Pan integral y cereales integrales bajos en azúcar o sin azúcar.

Escriba su lista de compras abajo:

Frutas

Vegetales

Carne, pollo, pescado, huevos, frijoles y frutos secos (nueces, almendras, avellanas, etc.)

Pan, arroz, cereal y pasta

Leche y productos derivados de la leche

Otros

iPodemos!® es un programa desarrollado por los Institutos Nacionales de la Salud (NIH, por su siglas en inglés). **iPodemos!** ofrece instrucciones, herramientas y consejos gratuitos a los padres, personas a cargo del cuidado de niños y a las comunidades, para ayudar a los niños de 8 a 13 años a mantener un peso saludable mejorando su alimentación, aumentando su actividad física y reduciendo el tiempo que pasan delante de una pantalla.

Para obtener más información, visite <http://wecan.nhlbi.nih.gov/espanol> o llame al 1-866-359-3226.

iPodemos! y los logotipos de **iPodemos!** son marcas registradas del Departamento de Salud y Servicios Humanos de los Estados Unidos (U.S. Department of Health & Human Services, DHHS, por su siglas en inglés).

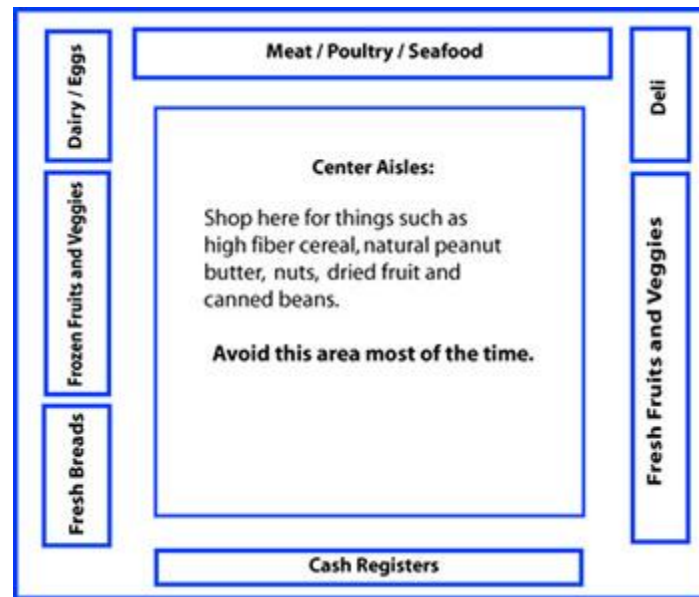




Grocery Shopping Tips

Grocery Store

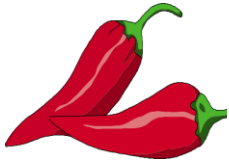
- **Shop the outside aisles of the grocery store** . The freshest and best foods are generally located around the outside aisles (or perimeter) of the store. You may need to go to specific aisles for other healthy items such as canned beans, nuts and natural peanut butter, dried fruit, and high fiber cereal, although these are sometimes found along the perimeter also.



Shop from a [grocery list](#). If you write down what you need at the grocery store you will be less likely to make "impulse buys" not on your list.

- **Don't shop when you are hungry or stressed.** If you are hungry or stressed when you go to the grocery store you will be more likely to buy junk food and less likely to choose healthy foods.
- **Buy fruits and vegetables that are grown locally or that are frozen.** Buy fruits and vegetables that are grown close by because they are often cheaper. Try to buy [locally](#). When buying frozen fruits and vegetables, avoid added sugars or sauce.
- **Stop by your local Farmer's Market.** Your local farmer's market is a great place for finding healthy foods. Look for a [farmer's market](#) in your area. Some of them even take WIC and senior coupons.

Source: <http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/kids-health/eat-better/grocery-shopping.html>



Monthly Recipe:

A Great Superbowl Party Dish:

Tailgate Chili

Try this classic Simple Cooking with Heart chili recipe that's good for your heart. It's ready in 30 minutes!



Ingredients

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion
- 1 medium green bell pepper
- 1 medium jalapeño (optional, only if you like spicy chili)
- 4 clove minced, fresh garlic
- 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added, or, low-sodium pinto or kidney beans
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes
- 3/4 cup jarred salsa (lowest sodium available)



Directions **Total Time:** 30 min

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
4. Optional ? serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

NOTE: 297 Calories, 288 mg Sodium, \$3.44 Per Serving



Additional Tips

TIP: if you want 5-alarm chili, add 1 teaspoon cayenne pepper



How Do I Understand the “Nutrition Facts” Label?

Most foods in the grocery store have a nutrition facts label and list of ingredients. When you go grocery shopping, take the time to read the nutrition facts labels on the foods you purchase. Compare nutrients and calories in one food to those in another. The information may surprise you. Make sure you aren't buying foods high in calories, saturated and *trans* fats, sodium and added sugars!



What information is in the nutrition facts label?

The “Nutrition Facts” label contains this information:

- **Serving Size** — This is how much of the food is considered a “serving”. A package may contain multiple servings. If you eat more or less than the serving size listed, you need to adjust the amount of nutrients and calories you are eating.
- **Calories** — This tells you how much energy is in the food. It is helpful to know if you're cutting calories to lose weight or want to manage your weight.
- **Total Fat** — This is the amount of fat found in one serving of the food. It includes the amount of “bad fats” (saturated and *trans* fats) and “better fats” (monounsaturated and polyunsaturated fats). Fat is higher in calories than protein or carbohydrates. So, cutting back on your fat intake will help you reduce the amount of calories you eat.
- **Saturated Fat** — Eating too much of these “bad fats” can raise your cholesterol and your risk of heart disease and stroke. Limit your saturated fat intake to less than 5 to 6 percent of your total calories. For a person who needs 2,000 calories a day, this is about 11 to 13 grams of saturated fat.
- **Trans Fat** — These fats are also considered “bad fats” because they can raise LDL cholesterol and your risk of heart disease. Choose foods with “0” grams of *trans* fat and read the ingredients list to avoid foods made with “hydrogenated oils”. Everyone can benefit by limiting *trans* fats.
- **Cholesterol** — The FDA's Dietary Guidelines for Americans recommend eating less than 300 mg of cholesterol a day to maintain normal cholesterol levels. They also recommend consuming less than 200 mg per day if you are at high risk for (or have) heart disease.
- **Sodium** — Watch for both naturally-occurring and added sodium in food products. Salt is sodium chloride. Most people should take in less than 1,500 mg of sodium each day. That's equal to a little more than ½ tsp. of salt.

(continued)



- **Total Carbohydrates** — A carbohydrate is a type of sugar. Carbohydrates in food are digested and converted into glucose, or sugar, to provide the cells of the body with energy. Choose carbohydrate-based foods with high amounts of nutrients. These include vegetables, fruits and whole-grain, breads, cereals and pasta.
- **Dietary Fiber** — Dietary fiber describes several materials that make up the parts of plants your body can’t digest. As part of a healthy diet, soluble fiber can help decrease your risk of heart disease and some types of cancer. Whole grains and fruits and vegetables include dietary fiber. Most refined (processed) grains contain little fiber.
- **Sugars** — The amount listed includes both sugars that occur naturally in foods, such as fruit and milk, and sugars that are added to foods, such as soft drinks and other sweetened foods and beverages. There are lots of different names for “added sugars” such as sucrose, fructose, glucose, maltose, dextrose, high-fructose corn syrup, corn syrup, concentrated fruit juice, and honey. Look at the ingredients list and make sure that there aren’t a lot of “added sugars” listed in the ingredients.



- **Protein** — This is one of the components in food that provide us with energy. Animal protein contains saturated fat. Choose fish and skinless poultry and limit your intake of red meat. Use low-fat dairy products. Try other sources of protein such as beans, nuts, seeds, tofu and other soy-based products.
- **Vitamins and Minerals** — Vitamins and minerals are important parts of your diet. Eating a variety of foods will help you reach your daily goal of 100 percent of vitamin A, vitamin C, calcium and iron.
- **Daily Value** — The standard daily values are guides for people who eat 2,000 calories each day. If you eat more or less than that, your daily value may be higher or lower.

HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

How many calories should I eat each day?

How many saturated fat grams should I have each day?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.

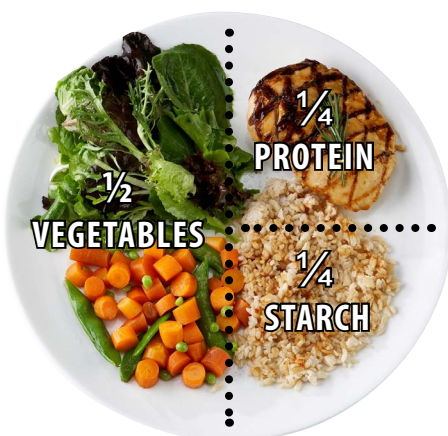


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Heart
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WebMD[®] Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp
= golf ball



1 tbsp = poker chip



1 slice of bread
= cassette tape



3 oz chicken or meat
= deck of cards



3 oz fish
= checkbook



1 oz lunch meat
= compact disc



3 oz muffin or biscuit
= hockey puck



1 1/2 oz cheese
= 3 dice



GRAINS

1 cup of cereal flakes = baseball
1 pancake = compact disc
1/2 cup of cooked rice = lightbulb
1/2 cup cooked pasta = lightbulb
1 slice of bread = cassette tape
1 bagel = 6 oz can of tuna
3 cups popcorn = 3 baseballs



FRUITS & VEGETABLES

1 medium fruit = baseball
1/2 cup grapes = about 16 grapes
1 cup strawberries = about 12 berries
1 cup of salad greens = baseball
1 cup carrots = about 12 baby carrots
1 cup cooked vegetables = baseball
1 baked potato = computer mouse



MEATS, FISH & NUTS

3 oz lean meat & poultry = deck of cards
3 oz grilled/baked fish = checkbook
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
2 tbsp hummus = golf ball
1/4 cup almonds = 23 almonds
1/4 cup pistachios = 24 pistachios



DAIRY & CHEESE

1 1/2 oz cheese = 3 stacked dice
1 cup yogurt = baseball
1/2 cup frozen yogurt = lightbulb
1/2 cup ice cream = lightbulb



FATS & OILS

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp mayonnaise = poker chip
1 tbsp oil = poker chip




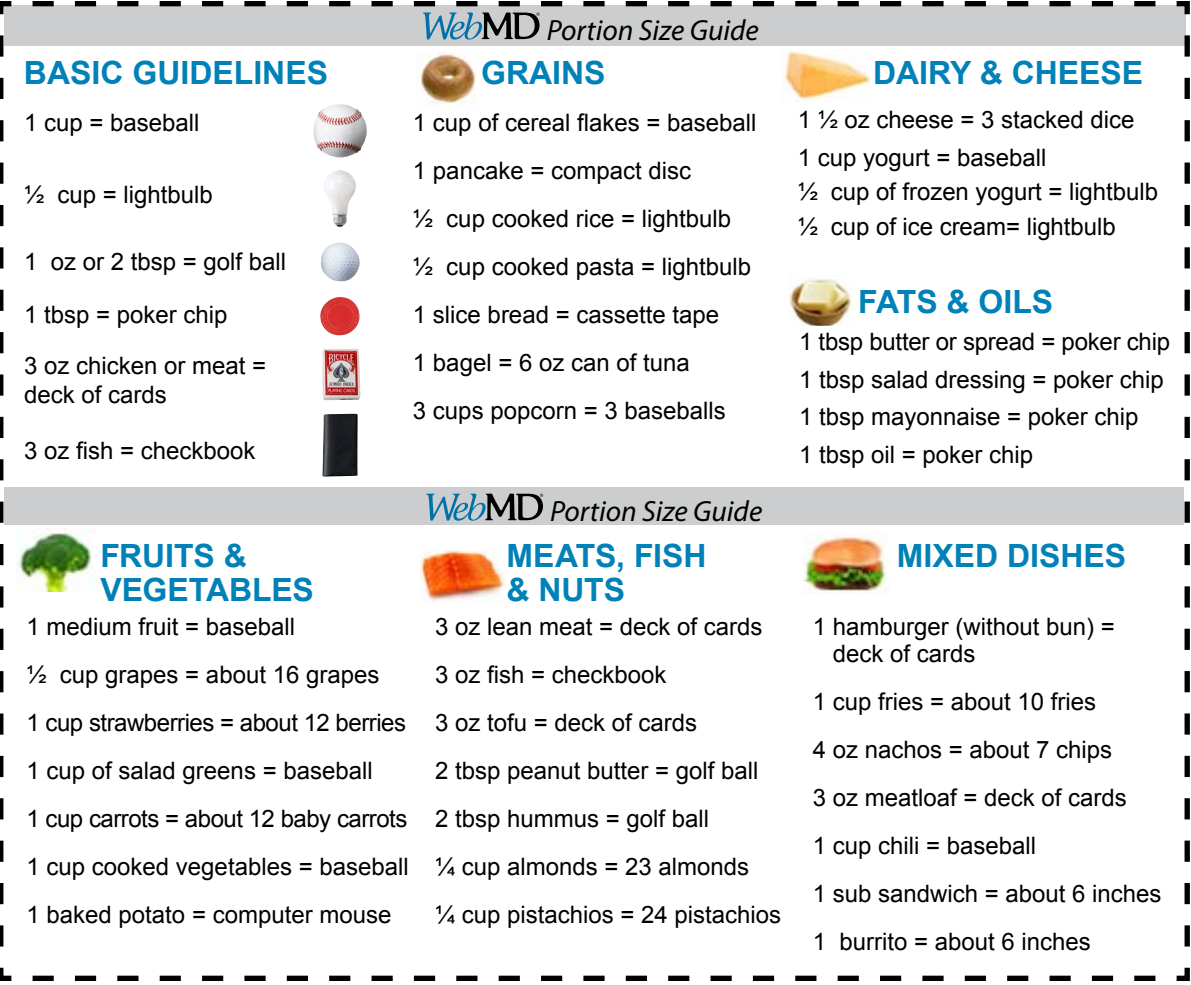

SWEETS & TREATS

1 piece chocolate = dental floss package
1 brownie = dental floss package
1 slice of cake = deck of cards
1 cookie = about 2 poker chips

WebMD® Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate -- and they're in a handy wallet size so you can keep them with you when you're dining out.

Cut out and fold on the dashed line. You may want to laminate or tape for lasting use.



BASIC GUIDELINES

- 1 cup = baseball
- ½ cup = lightbulb
- 1 oz or 2 tbsp = golf ball
- 1 tbsp = poker chip
- 3 oz chicken or meat = deck of cards
- 3 oz fish = checkbook

GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup cooked rice = lightbulb
- ½ cup cooked pasta = lightbulb
- 1 slice bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

DAIRY & CHEESE

- 1 ½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup of frozen yogurt = lightbulb
- ½ cup of ice cream = lightbulb

FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

FRUITS & VEGETABLES

- 1 medium fruit = baseball
- ½ cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

MEATS, FISH & NUTS

- 3 oz lean meat = deck of cards
- 3 oz fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- ¼ cup almonds = 23 almonds
- ¼ cup pistachios = 24 pistachios

MIXED DISHES

- 1 hamburger (without bun) = deck of cards
- 1 cup fries = about 10 fries
- 4 oz nachos = about 7 chips
- 3 oz meatloaf = deck of cards
- 1 cup chili = baseball
- 1 sub sandwich = about 6 inches
- 1 burrito = about 6 inches

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