

How to Develop Healthy Eating Habits

And Reduce the Risk of Heart Disease



Your best defense is a healthy lifestyle filled with physical activity and nutritious meals, while cutting down or avoiding drinking and smoking.

The Current Trend



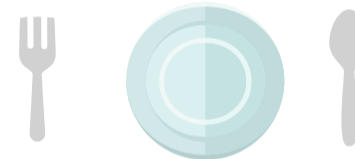
75%

of the US population is low in its fruit and vegetables consumption.



1/10

adults meets the recommendation for fruit and vegetable consumption.



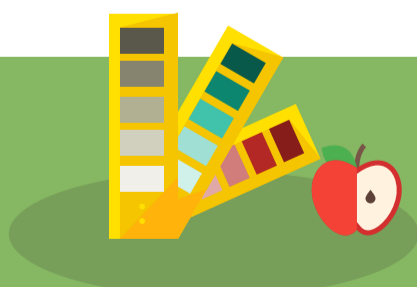
Men and young adults

in general eat the fewest fruits and vegetables, compared to any other group.

3 Steps to Eating Healthy

1

Add produce of varying colors to your diet to diversify your produce consumption.



2

Use hacks to incorporate more veggies and fruits to your meals, and throughout the day.



3

Take steps to improve access to fruits and vegetables for all.



1. Adding Color to Your Diet

Eating 2 to 2½ cups (4 to 5 servings) daily of fruits and vegetables each may reduce your risk for **cardiovascular disease, including heart attack and stroke.**

Examples of a single serving of fruit:

- 1 medium apple
- 1 small banana
- ½ medium avocado
- 4 large strawberries



Examples of a single serving of vegetables:

- 5 - 8 broccoli florets
- ½ a large sweet potato
- 6 baby carrots
- 1 cup of raw spinach



Adding a variety of produce to your diet has a number of health benefits. It'll help you:



Manage your weight



Control your blood pressure



Support healthy digestion



Reduce the risk of some cancers, such as colon cancer



Reduce the risk of chronic health problems, such as diabetes

2. Use Healthy Eating Hacks

- 1 Fresh, frozen, canned and dried all count toward your daily servings, so you have plenty of options.
- 2 Always reserve half of your plate for fruits and vegetables.
- 3 Choose whole fruits and vegetables.
- 4 Try to eat a variety of vegetables, instead of the same thing all the time.
- 5 Look for fruit packed in its own fruit juice and 100% fruit juice, with no added sugar.
- 6 Look for low/no-sodium options for canned vegetables, and 100% vegetable juice.



3. Take Action for Better Access

In many communities, fruits and vegetables are limited/expensive and only available in **corner stores, convenience stores, bodegas and gas stations.**

Lack of Access Can Profoundly Impact Diet

There are ways that you can actively support improved access to higher quality foods for neighbourhoods. Here's how:



Find ways to spread the word about nutrition assistance programs, such as **SNAP, WIC and school meals.**

Meet with an after-school or daycare program representative to discuss serving more fruits and veggies for snacks.



You can carry out all of these actions or just a few of them. But whichever actions you choose, they pave the way for greater access to nutritious food for your community.

Now is the time to raise awareness around heart health and wellness. Share this infographic with your family, friends and network today.