

Eat a Heart Smart Diet

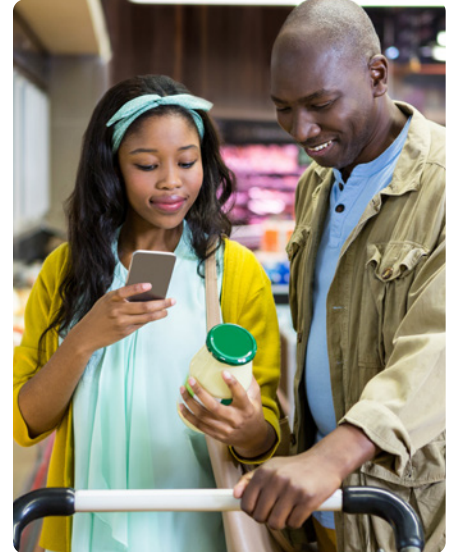
Eating a heart-healthy diet starts at the grocery store. But shopping heart healthy can seem overwhelming.

To help reduce the stress while grocery shopping, the American Heart Association developed a Heart-Check Mark to help you make heart-healthy choices.

On your next trip to the grocery store, look for the Heart-Check Mark symbol on food and beverage items. This means the food meets nutrition standards based on the American Heart Association guidelines. It helps you shop with ease and confidence, knowing your food choice aligns with your heart-healthy eating goals. The Heart-Check Mark is easy to identify on food packaging and can take the guesswork out of reading the Nutrition Facts and label

information. If you monitor your calories, carbohydrates, and sugar intake however, you should continue reading food labels to help you manage your diet.

Another way to ensure a successful grocery shopping trip is to make a shopping list. Your shopping list can include items you need using the Heart-Check Certified Product List. The list is updated monthly to help you identify healthier foods to add to your shopping list such as, fruits, vegetables, nuts, cereals, lean meats, deli meats, poultry, fish and more. Reviewing the Heart-Check Certified Product List is also a great way to find out if your favorite foods or brands are certified. The American Heart Association certified foods must meet certain requirements to be Heart-Check certified.



To see the products that are Heart-Check certified, visit the Heart-Check Certified Produce List at www.heartcheck.org

COMMUNITY RESOURCES

Back to School Health and Resource Fair

Saturday, August 6, 2022

9:00 a.m. to 1:00 p.m.

Helen Cannon Junior High School
5850 Euclid St. Las Vegas, NV 89120



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium:
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

LIMITED IN BAD FATS

Saturated Fat:
1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT
heartcheck.org

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.