

Spring into Better Health



Eating healthy is easier than you might think. Add these simple healthy eating habits to your daily life over the next few weeks and you'll see just how easy it is. By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

Eat more fruits and vegetables. Aim for 4-5 servings each of fruits and vegetables every day, if you consume a 2,000 calorie diet. Vegetable or

100% fruit juice counts toward this goal.

Eat more whole-grain foods. Like fruits and vegetables, whole-grain foods are low in saturated fat and cholesterol and rich in fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice and whole-grain cereal.

Use olive, canola, corn or safflower oil as your main kitchen fat. Limit how much fat or oil you use in cooking, and use liquid vegetable oils

such as olive, canola, corn and safflower oils in place of solid fats.

Eat more chicken, fish and beans than other meats. In general, skinless poultry, fish and vegetable protein (such as beans) are lower in saturated fat and cholesterol than other meats (beef, pork and lamb).

Read food labels to help you choose healthy foods. Food labels provide information to help you make better food choices. Learn what information to

look for (for example, sodium content) and how to find it quickly and easily.

The American Heart Association recommends that you eat a wide variety of nutritious foods daily. Remember, even simple, small changes can make a big difference in living a better life. Log on to www.heart.org/mylifecheck to take the simple assessment to get your Heart Score and a custom action plan that can help improve your heart health and track progress toward better health.



Tell your friends and family to go take a walk... ...A Heart Walk, that is

Looking for something to do with the whole family?

Looking for a reason to get the gang together?

Looking for a special project for your civic, church or youth group to do together?

The American Heart Association is looking for individuals, church, youth or civic groups that have been affected by heart disease or stroke to participate in the St. Louis Heart Walk, set for May 19, 2012 at Busch Stadium in downtown St. Louis.

To learn more about forming a Community Team, visit www.metrostlouisheartwalk.org or (314) 692-5662.