

Change Your Eating Habits

(NAPSA)—What's the best time to start New Year's nutrition resolutions? The answer, say dietitians, is today. Any day of the year is a good day to improve your diet in ways that will benefit your health.

The best way to improve your diet for the long term is to make small, specific changes, according to registered dietitians. The American Heart Association recommends eating a wide variety of foods that are low in saturated fat and cholesterol to help reduce the risk of heart disease, the number one killer in this country.

Yet, sometimes finding heart-healthy foods can be confusing. The American Heart Association has developed its heart-check mark to help consumers quickly and reliably find foods that are low in saturated fat and cholesterol for healthy people over age two.

Shoppers can be assured that every product bearing its familiar red heart with the white check mark meets the AHA's nutritional criteria.

In addition, the AHA offers these tips:

- Fill your shopping cart with plenty of fresh fruits and vegetables, which are naturally low in saturated fat and cholesterol. Consider fruit that is frozen or canned in its own juice. Also, low-salt canned and frozen vegetables can help supplement what is available in the produce department. Look for varieties without added butter or other high-fat sauces.
- Choose whole grain products, including oatmeal, rice and whole grain breads.

American Heart Association Tips for Healthy Eating

- Fill your shopping cart with fresh fruits and vegetables
- Choose whole grain products
- Include low-fat or no-fat dairy products
- Choose lower-fat protein sources
- Look for the AHA heart-check mark to ensure the food products you choose are low in saturated fat and cholesterol
- Visit americanheart.org/food certification for more information.



Products displaying the heart check-mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.



- Include low-fat or no-fat dairy products on a daily basis.
- Choose lower-fat protein sources, such as skinless poultry, fish, legumes and lean meat. Limit the amount to four ounces of meat or poultry in a meal about the size of a deck of cards (no more than 6 oz. a day total).

To learn more about reducing the risk of heart disease and stroke through nutrition, visit the American Heart Association web site at americanheart.org or call 1-800-AHA-USA-1 (800-242-8721) for your free copy of the "Shop Smart with Heart" brochure.

The American Heart Association's Food Certification Program is for healthy people over age two. If you have a special medical condition, contact your physician or registered dietitian about your diet.