

HEALTHFUL EATING



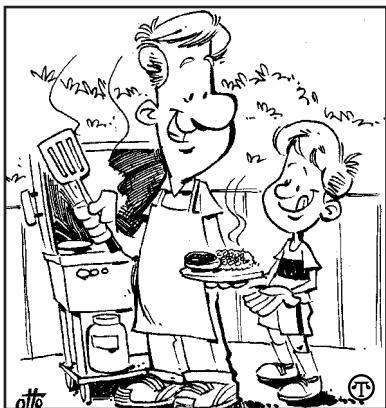
How Hard Is It To Eat Healthy During Picnic Party Time?

(NAPSA)—You're busy preparing for your first warm-weather party. Reading the label of every product is time-consuming, so how can you buy only what's heart-healthy? Help from the American Heart Association makes it easier than ever before.

Although you can't take along a registered dietitian to the grocery store, you can take along recommendations from the American Health Association. The organization's red and white heart-check mark is now in hundreds of foods sold nationwide. Products bearing this mark have been evaluated to ensure they meet AHA nutritional criteria and can be part of a heart-healthy diet for healthy people over the age of 2.

To be eligible to carry the heart-check mark, a single-serving of a food product must:

- be low in fat (less than or equal to 3 grams)
 - have low saturated fat (less than or equal to 1 gram)
 - have low cholesterol (less than or equal to 20 milligrams)
 - have a sodium value of less than or equal to 480 milligrams
 - contain at least 10 percent of one of these nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.
- Meats must meet the USDA's criteria for extra lean.



Your first warm-weather gathering and the guests are pleased with your nutritionally-sound selections!

The heart-check mark is a convenient tool for those who don't have time to read labels. You can rely on the American Heart Association's evaluation that the food bearing the heart-check mark is nutritionally sound.

For more information on diet and nutrition, visit americanheart.org or call toll free 1-800-AHA-USA1 and ask for a free copy of the "Shop Smart with Heart" brochure.

For a complete list of certified products, visit americanheart.org/foodcertification and make your shopping list before you leave home!