



Nutrition For Active People



Tips on Grocery Shopping

(NAPSA)—By looking for a little red heart with a white check mark while doing their grocery shopping, more people may be able to check off their goal of living a longer, healthier life.

The heart-check mark is part of an American Heart Association program designed to make it easier for people to find heart-healthy foods. The Association certifies low-fat, low-cholesterol foods to use as a first step toward a heart-healthy eating plan—and this can be an important consideration for people who don't have the time to scrutinize every package label.

After a product qualifies for certification, the manufacturer marks the package with an easily recognizable red heart with a white check mark on the package label.

To date, more than 500 grocery store products from 90-plus different manufacturers bear the AHA heart-check mark. A complete list of certified products is available at www.americanheart.org/food certification.

Cardiovascular disease is the leading cause of death in the U.S. Research has shown that dietary changes based on selecting foods low in saturated fat and cholesterol can lower blood cholesterol by 10 to 15 percent.

That, in turn, can reduce the risk for heart disease by 20 to 30 percent. Consumers should be sure to discuss diet changes with their doctors to see if they have any special considerations.

American Heart Association Guide to Healthy Eating

To qualify for the AHA heart-check mark, a single food serving must:

- Be low in fat (3 grams or less)
- Be low in saturated fat (1 gram or less)
- Be low in cholesterol (20 mg or less)
- Have sodium value of 480 mg or less
- Contain at least 10 percent of the Daily Value of one or more of these essential nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber
- Meet the federal standard for "extra lean" (meats)



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



To learn more about reducing the risk of heart disease and stroke, visit the American Heart Association Web site at americanheart.org or call 1-800-AHA-USA-1 (800-242-8721). Ask 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.