

The American Heart Association's recommendations for a healthy heart

www.heart.org

1. Healthy diet



→ Adults should be eating on average 2,000 calories. This number varies depending on age, gender, and level of physical activity.

→ Adults should be consuming a variety of food from different food groups.

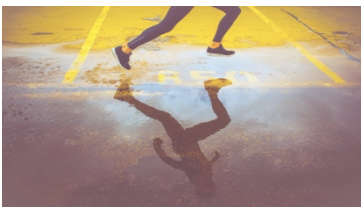
→ Including:

- Fruits and vegetables
- Whole grains
- Meat and fish
- Healthy fats (ex. Nuts, seed, oils)

→ Adults should limit foods with “empty” calories. Meaning food that have a lot of calories and little to no nutrient benefit.

Examples: soda, fast food, fried food, alcohol

If your diet is limited for health reasons, consider supplementations for meeting vitamin and mineral needs.



2. Lifestyle

Physical activity recommendations:
participate in at least 150 mins
of moderate to vigorous physical activity each week.

