

Smart Choices

A Community Nutrition
Education Program



Healthy Heart

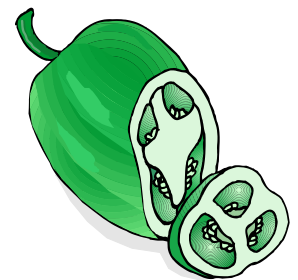
Make Smart Choices

while shopping for heart healthy foods:

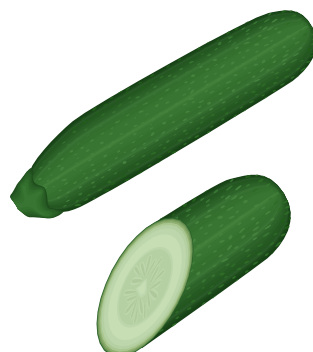


1. Read the Nutrition Facts Panel to find out more about what is in the foods you buy and eat.

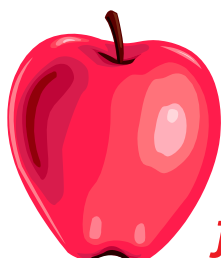
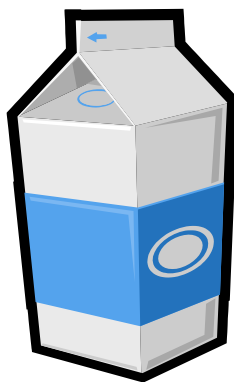
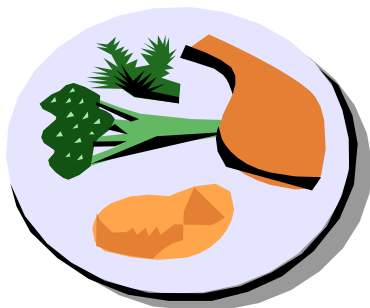
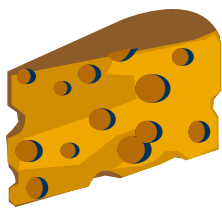
Nutrition Facts	
Serving Size (113g)	
Servings Per Container	
Amount Per Serving	
Calories 440	Calories from Fat 140
Total Fat 16g	% Daily Value*
Saturated Fat 0g	25%
Cholesterol 0mg	0%
Sodium 40mg	0%
Total Carbohydrate 72g	2%
Dietary Fiber 20g	24%
Sugars 12g	80%
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



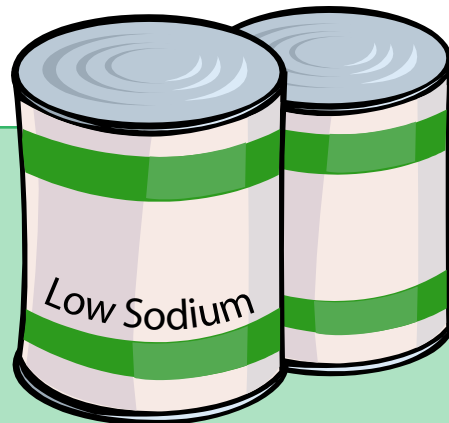
2. Buy fresh, plain, frozen or canned "no-salt-added" vegetables. Avoid products that have a lot of added fats.



3. Buy low-fat or fat-free, lower-fat or reduced-fat products when choosing meats and dairy.



For Smart Choices shop for fruits and vegetables in farmer's markets and produce stands.



Choose foods that say:

- Sodium free
- Very low sodium
- Low sodium
- Reduced (or less) sodium
- Light in sodium
- Unsalted

4.



AUTHORS:

Beth Reames, PhD, RD, LDN

April Cintron, MS, RD, LDN

Annrose Guarino, PhD, RD, LDN

Judy Myhand, MS

Heli J. Roy, PhD, RD, LDN

Emily Whelan, MS, RD

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Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

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This material was funded by USDA's Food Stamp program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com