With so much conflicting information out there, how do you know what healthy eating really looks like? Let’s clear up some of the myths about eating clean.

What does healthy eating look like?

### Myth vs Fact

**Myth**

- Only fresh fruits and vegetables are healthy.
- All processed foods are bad and full of chemicals.
- Most foods you see at the grocery store have been processed in some way.

**Fact**

- A healthy diet can include fresh, frozen, canned and dried produce.
- Processed foods that don’t have a lot of added sugar or sodium can be a part of a healthy diet. Think: baby carrots, whole grain bread, plain yogurt, or chopped nuts!

### Include these foods:

- Low-Fat & Non-Fat Dairy
- Skinless Poultry
- Fish
- Beans & Legumes
- Nontropical Vegetable Oils
- Nuts & Seeds

### Healthy Eating TIPS

- Prepare food at home to control what is added.
- Bring out the natural flavors in foods by using healthier cooking methods like grilling, braising, roasting, searing, and sautéing.
- Add flavor with delicious herbs, spices, black pepper and citrus juices instead of salt and unhealthy fats.

- Select canned and frozen fruit and vegetables without salty sauces or sugary syrups.
- Drain and rinse canned products to get rid of some of the additives like salt and sugar.

- Include these foods:
  - All foods labeled “natural” are good for you.
  - When it comes to food packaging, there is no official definition for the term “natural.”
  - Even if you recognize the ingredients, the food may still have too much sodium, added sugars, and unhealthy fats.

- Watch for and limit:
  - Salt/Sodium
  - Sugary Drinks
  - Sweets
  - Fatty or Processed Meats – choose lean or extra-lean meats instead

### Healthy Eating TIPS

- Compare food labels and choose nutritious foods with the lowest amounts of sodium.
- Be aware of portion and serving sizes and total calories eaten.

- Want more control over the foods you buy at the grocery store and eat at restaurants? Join our movement to tell the food industry you want healthier ingredients. Your voice matters!

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