



DESTINATION:
*Heart Healthy
Eating*



Nutrition
Serving Size $\frac{3}{4}$ cup (31g)
Servings Per Container about 11

Amount Per Serving	Cinnamon Toast Crunch	with $\frac{1}{2}$ cup skim milk
Calories	130	170
Calories from Fat	30	
	% Daily	
	5%	



Let's get started!





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DESTINATION: HEART HEALTHY EATING

The road to heart health is paved with adventure, excitement and risks. Mapping your own heart healthy eating plan will help get you to your heart health goal. Your trip will take planning, commitment and maybe even a few rest stops, but it does not have to be a difficult journey. Small changes along the way will bring you closer to your destination... **HEART HEALTHY EATING.**

The American Heart Association's Diet and Lifestyle recommendations for healthy eating are based on the latest advice of medical and nutrition experts. By following this plan, you can reduce three of the major risk factors for heart disease – high blood cholesterol, excess body weight and high blood pressure. The American Heart Association recommendations include:

- ▶ Balance calorie intake and physical activity to achieve or maintain a healthy body weight.
- ▶ Eat a diet rich in vegetables and fruits.
- ▶ Choose whole grain, fiber-rich foods.
- ▶ Include fish, especially fatty fish, at least twice a week.
- ▶ Choose a diet low in fat, saturated fat, trans fat and cholesterol.
- ▶ Watch the amount of beverages and foods with added sugars that you drink and eat.
- ▶ Choose and prepare foods with little or no salt.
- ▶ If you drink alcohol, do so in moderation.



A HEART HEALTHY ROADMAP



Your Primer On Blood Lipids

Your blood levels of cholesterol, lipoproteins (**LDL** and **HDL**) and triglycerides provide a good gauge of your heart health. These are commonly measured during a blood lipid profile test.

▶ **CHOLESTEROL** is a waxy substance produced by the liver. Your body needs some cholesterol to insulate nerves, form cell membranes and make certain hormones, but too much cholesterol in the blood can lead to build-up in the arteries – a major risk factor for heart disease and stroke.

▶ **LIPOPROTEINS** are formed when our liver “bundles” fat and cholesterol with protein.

Two key kinds of lipoproteins are:
LDL, the “bad” cholesterol, has the tendency to build up on the walls of arteries.
HDL, the “good” cholesterol, helps remove cholesterol from the arteries.

▶ **TRIGLYCERIDES**. Fat is carried in the blood in the form of triglycerides. High levels of triglycerides are associated with increased blood cholesterol levels.



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POINT



CHOLESTEROL

ACHIEVE A DESIRABLE CHOLESTEROL LEVEL

On the road to heart health, your first destination is a healthy cholesterol level. Some foods contain cholesterol, or cause your body to produce it, while others will help you lower your blood cholesterol levels. You can help achieve a desirable cholesterol level by:

- ▶ Limiting saturated fat, trans fat and dietary cholesterol in the foods you eat
- ▶ Adding foods containing soluble fiber
- ▶ Including foods and beverages made with soy protein
- ▶ Choosing foods with added plant sterols

Women And Heart Health

Nearly twice as many women in the US die of heart disease and stroke as they do from all forms of cancer. While heart disease is the #1 cause of death among women, it's also largely preventable. All across the country,

women are taking control of their heart health by making heart healthy choices. You can begin your journey toward heart health by taking the small, heart-saving steps suggested in this booklet.

Dietary Fat And Blood Cholesterol

Saturated fat, trans fat and dietary cholesterol can raise your blood cholesterol level.

Saturated fats are usually solid at room temperature, and come from animal foods such as butter or meat fat. A few plant oils, such as coconut and palm oil, are also high in saturated fat.

Trans fat is primarily found in foods that contain “hydrogenated” oils such as margarine, shortening, and some processed foods.

Dietary cholesterol is found in animal foods like meat, poultry, eggs and whole milk dairy products. You can cut back on these fats that can raise your blood cholesterol with some simple changes.

Tips For Reducing Cholesterol-Raising Fats In Your Diet

- ✓ Use low-fat or fat-free milk, yogurt, cheese, and sour cream rather than full-fat varieties.
- ✓ Limit foods that contain hydrogenated vegetable oils or tropical oils such as palm kernel and coconut oils.
- ✓ Select lean beef and pork, poultry with the skin removed, or fish instead of fatty meats and sausage.
- ✓ Use egg substitutes or egg whites instead of whole eggs or egg yolks.
- ✓ Eat tofu, nuts and legumes (dry beans) for delicious, meatless meals.
- ✓ Choose foods that are baked, broiled or steamed, rather than fried.
- ✓ Substitute liquid oils or trans fat-free soft margarine for shortening, butter, stick margarine, lard, or other solid fats.
- ✓ Top salads with low-fat or fat-free salad dressing, or select dressing made with unsaturated liquid oils such as olive, canola, safflower or soybean.
- ✓ Choose vegetable- or broth-based soups more often than cream soups.
- ✓ Read food labels for the amount of saturated fat, trans fat and dietary cholesterol.

Figuring Out The Facts

According to the American Heart Association, adults with heart disease, diabetes or high cholesterol should get no more than 12-17 grams of saturated fat per day, depending on calorie needs, and should avoid trans fat. Use this chart to get started, then look for the amount of saturated fat and trans fat on food labels.

FOOD	Serving Size	Calories	Total fat (grams)	Saturated fat (grams)
Grains				
Biscuit (made with Heart Smart Bisquick™ and skim milk)	1 biscuit	120	2	0.5
Bread (wheat or white)	1 slice	70	1	0
Cheerios™ cereal	1 cup	100	2	0
Doughnut, raised, glazed	1 medium	270	15	6
Honey Nut Cheerios™ cereal	¾ cup	110	1.5	0
Milk, Dairy products, Soy milk				
2% milk	1 cup	120	5	3
Soy milk, unsweetened, all flavors	1 cup	80	4	0.5
Cheddar cheese	1 ounce	110	9	6
Ice cream, vanilla	½ cup	140	7	4.5
Cheddar cheese, low-fat	1 ounce	50	2	1
Fat-free milk	1 cup	90	0.5	0
Whole milk	1 cup	150	8	4.5
Yoplait® Light yogurt	1 container (6 oz)	90	0	0



FOOD	Serving Size	Calories	Total fat (grams)	Saturated fat (grams)
Spreads and Dressings				
Butter	1 tsp	35	4	2.5
Light mayonnaise	1 Tbsp	35	3	0.5
Mayonnaise	1 Tbsp	90	10	1.5
Ranch dressing	2 Tbsp	140	15	2.5
Tub margarine-vegetable oil spread	1 tsp	15	2	0
Fruits and Vegetables				
Most fruits, such as apples, plums, oranges, bananas, pears, etc.	1 piece or ½ cup	About 60	0	0
Most vegetables, such as green beans, broccoli, carrots, tomatoes and greens	½ to 1 cup	About 25-50	0	0
Meat and Beans				
Top sirloin steak, trimmed of fat, broiled	3 ounces	180	8	3
Black beans, canned	½ cup	110	0	0
White tuna, canned, in water	3 ounces	110	2.5	0.5
Chicken breast, skinless, roasted	3 ounces	140	3	1
Ground beef, 80% lean, broiled	3 ounces	230	15	5
Orange Roughly, baked	3 ounces	90	<1	0
Peanuts, roasted, no salt	¼ cup	210	18	2.5
Pork sausage, cooked	2 links (1.5 oz)	170	15	5
Salmon, farmed Atlantic, broiled	3 ounces	180	11	2
Sunflower seeds, roasted, no salt	¼ cup	190	16	1.5
Veggie burger, cooked	1 patty (2.5 oz)	120	4.5	1

Soluble Fiber And Blood Cholesterol

Eating foods that contain soluble fiber can help you lower your cholesterol. A variety of foods contain soluble fiber. These include:

Whole grain foods made from oats, barley and rye:

- Cheerios™ cereal*
- oatmeal
- whole grain rye bread

Fruits and vegetables:

- apples
- oranges
- green beans
- carrots

Legumes and nuts:

- chickpeas
- kidney beans
- almonds



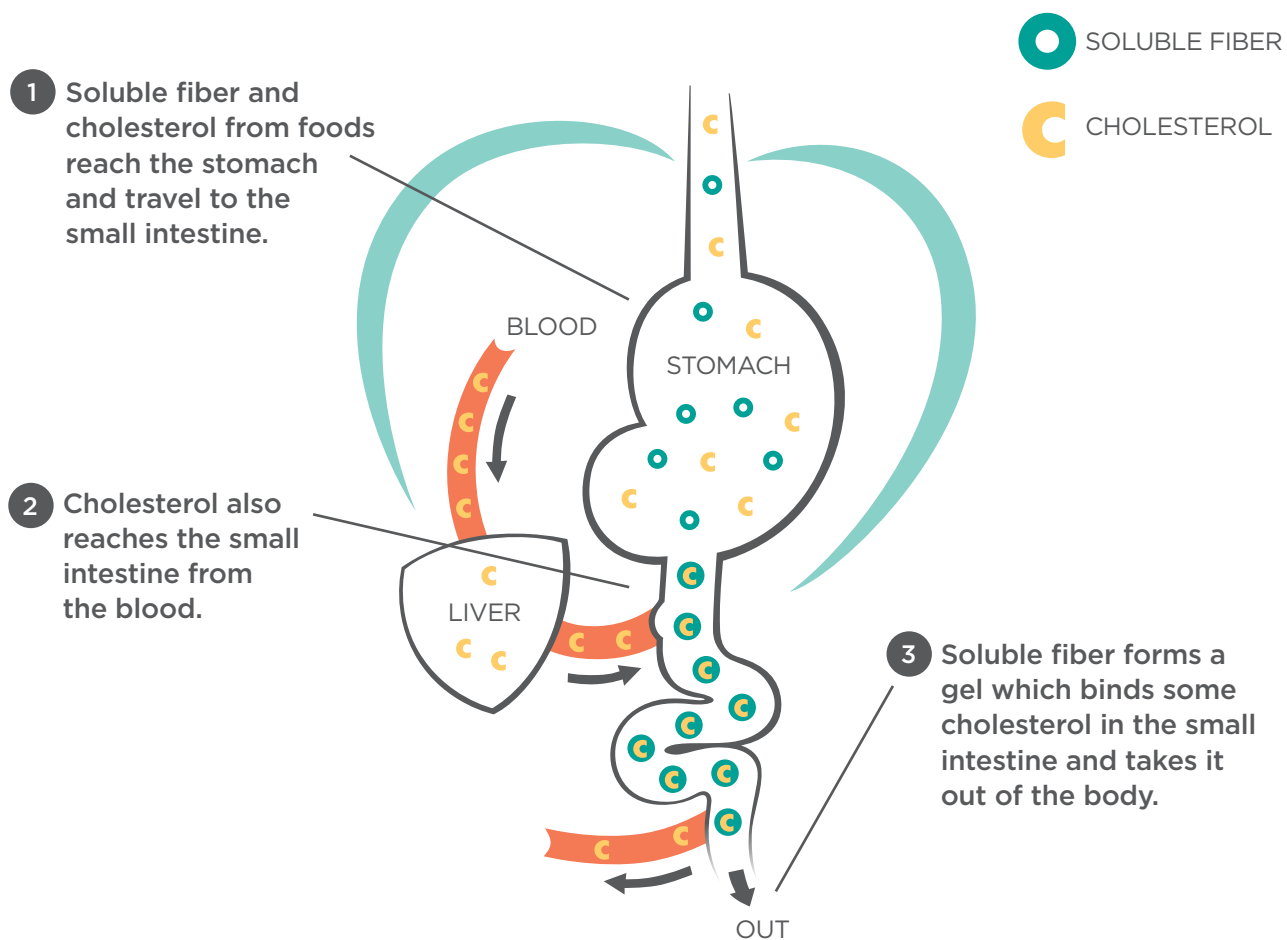
Tips To Increase Soluble Fiber In Your Diet

- ✓ Make whole grain cereals that contain soluble fiber a part of every breakfast.
- ✓ Eat fresh fruit with breakfast and for snacks.
- ✓ Switch to whole grain bread made from rye or oats.
- ✓ Add more vegetables to sandwiches, pizza, pasta and other entrées.
- ✓ Make soup, chili and enchiladas with kidney beans, black beans or other legumes.

*3 grams of soluble fiber daily from whole grain oat foods, like Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios™ cereal provides 1 gram per serving.

How Soluble Fiber May Lower Your Cholesterol

While scientists are still unraveling the details, this picture shows how the soluble fiber from the foods you eat may help lower the cholesterol in your blood.



Sizing Up Your Soluble Fiber

FOOD	Serving Size	Total Fiber (grams)	Soluble Fiber (grams)
Grains-Cereals			
Cheerios™ cereal	1 cup	3	1
Honey Nut Cheerios™ cereal	$\frac{3}{4}$ cup	2	0.75
Oatmeal, cooked	$\frac{1}{2}$ cup	2	1
Grains-Bread			
Rye bread	1 slice	1.5	1
White bread	1 slice	0.5	0
Whole wheat bread	1 slice	2	0.5
Grains-Rice, Pasta			
Brown rice, long grain cooked	$\frac{1}{2}$ cup	2	0
Macaroni, cooked	$\frac{1}{2}$ cup	1	0.5
Macaroni, whole wheat, cooked	$\frac{1}{2}$ cup	2	0.5
Wild rice, cooked	$\frac{1}{2}$ cup	1.5	0
Fruits			
Apple, with skin	1 medium	3.5	1
Apple, without skin	1 medium	2.5	1
Banana	1 medium	3	0.5
Orange	1 medium	3	2
Pear, Bartlett	1 medium	4	2
Prunes	$\frac{1}{2}$ cup	6	3

FOOD	Serving Size	Total Fiber (grams)	Soluble Fiber (grams)
Vegetables			
Beans, green, cooked	½ cup	2	1
Broccoli, cooked	½ cup	1.5	0.5
Brussels Sprouts, cooked	½ cup	4.5	3
Carrots	½ cup	2	1
Collard greens, cooked	1 cup	5.5	3
Peas, sweet, cooked	½ cup	4.5	1.5
Potato, with skin, cooked	1 medium	3	1
Soybeans, green, cooked	½ cup	4	1.5
Squash, butternut, cooked	½ cup	1.5	0.5
Sweet potato, with skin, baked	½ cup	4	1.5
Tomato, fresh	½ cup	1	0
Dried Beans and Nuts			
Almonds, roasted with skin	⅓ cup	5	0.5
Chickpeas	½ cup	6	1.5
Kidney beans	½ cup	6	3
Lentils	½ cup	8	0.5
Pinto beans	½ cup	7	2
Soy nuts, roasted	¼ cup	8	3.5
Sunflower seeds	¼ cup	3.5	0.5



Pay Attention To Packages

Nutrition labels and food packages can provide important clues you can use to make heart healthy choices.

- 1 **Look for health claims** on the label about the connection between whole grain, soluble fiber, and risk for heart disease. These claims are approved by the FDA and only certain foods can display any of these claims.
- 2 **Look on the Nutrition Facts panel** for the amount of soluble fiber, saturated fat, trans fat, cholesterol and sodium. Find foods with less saturated and trans fat, less cholesterol, more soluble fiber, and those that are lower in sodium.

- 2 Soluble Fiber in the Nutrition Facts Panel

- 1 The Health Claim



Soy Protein and Blood Cholesterol

Soy protein has also been shown to help lower blood cholesterol levels. According to the Food and Drug Administration (FDA), 25 grams of soy protein per day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering cholesterol levels. Soy beans, soy milk, soy cheese, soy burgers, and other soy products can be easy and flavorful choices for heart health.



Tips To Increase Soy Protein

- ✓ Drink soy milk, or pour it on cereal. Some varieties of soy milk can be a tasty and lactose-free way to get calcium and Vitamin D.
- ✓ Look for veggie burgers that contain soy protein for a great alternative to hamburgers.
- ✓ Enjoy the crunch of roasted soy nuts at snack time.
- ✓ Blend tofu into vegetable dips, cracker spreads and fruit smoothies.
- ✓ Add fresh or frozen green soybeans to your favorite stir fry.

Plant Sterols And Blood Cholesterol

Plant sterols are cholesterol-reducing food ingredients that come from plant-based foods such as vegetables, nuts and seeds. Plant sterols lower your body's cholesterol levels by competing with dietary cholesterol for absorption.

Plant sterols are another healthy addition to a heart healthy eating plan. According to the FDA, when eaten as part of a heart healthy diet, 0.4 grams of plant sterols twice a day with meals can reduce LDL (or “bad”) cholesterol. You can add plant sterols to your eating plan by looking for food products that contain added plant sterols.*



*Foods may contain plant sterols or a similar substance, plant stanols. Both can help lower blood cholesterol levels.



DESTINATION
POINT



MYPLATE
POWER

ACHIEVE AN OVERALL HEALTHY EATING PATTERN

Your second destination point is to strive for an overall healthy diet. All foods can fit into a healthy diet if they are eaten in moderate amounts and fit within your calorie needs.

MyPlate shows you the five food groups that are the building blocks for a healthy diet:

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy

Since one size doesn't fit all, different people need a different number of servings from each food group. That amount depends on your gender, age and level of physical activity.*

Remember, your food choices each day affect your health.

For more information on healthy eating, visit www.ChooseMyPlate.gov.



*For more information on portion sizes see page 24 Get a Grip on Portions.

MAKE HALF YOUR GRAINS WHOLE

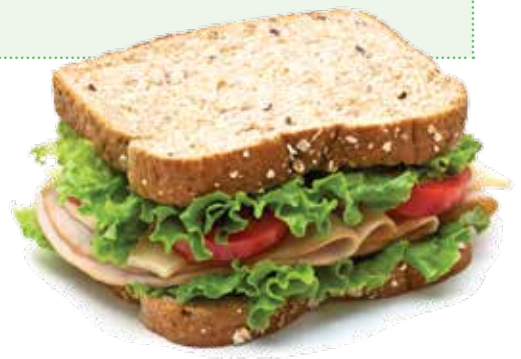
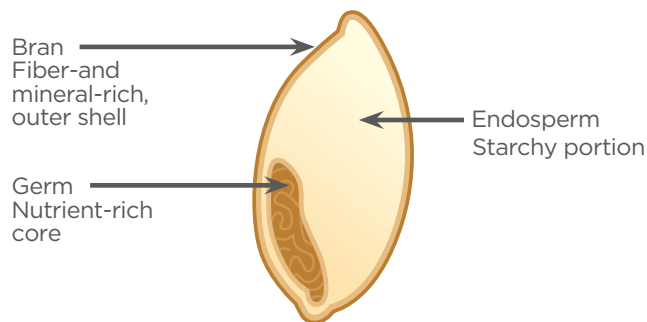
It's important to include whole grain foods in your meals and snacks. To eat more whole grain, substitute a whole grain product for a refined product, such as eating whole wheat bread or ready-to-eat cereals that contain at least 8 grams of whole grain per serving. Check the Ingredient List on product labels for the word “whole” or “whole grain” before the grain’s name.



The Whole Grain Bonus

When you choose at least half of your grain choices as whole grains, you get a unique combination of substances that help promote health, including vitamins, minerals, phytonutrients and fiber. The diagram below shows the three natural parts of a whole grain kernel. All three parts work together to provide whole grain health benefits.

As part of a healthy lifestyle, a diet rich in whole grain foods may help reduce the risk of heart disease and cancer, and is associated with a healthier body weight. In addition, the American Diabetes Association recommends eating whole grain as part of a diabetic diet (see page 9 for more on soluble fiber).



Finding Whole Grain

Finding foods made with whole grain is easy, once you know what to look for. Discover whole grain foods in your supermarket with these quick tips.

- 1 **Look for statements** on the package that indicate a product is made with whole grain. When you see these statements you can be assured that the item is a whole grain food.
- 2 **Look at the ingredient list** to find whole grain, such as whole wheat or whole grain oats, as the first ingredient. Don't be mislead, however. Foods that claim to be "multi-grain," "100 percent wheat" or "high fiber" are not necessarily whole grain.

1 Whole grain label statements



2

2 Whole grains as a first ingredient



Tips To Increase Whole Grain

- ✓ Start your day with a cereal that lists a whole grain as the first ingredient on the package's ingredient list.
- ✓ Try whole grain side dishes such as brown rice, barley, kasha or buckwheat.
- ✓ Munch on popcorn, whole grain granola bars, and whole grain cereal as wholesome snack options.
- ✓ Trade in your usual bread, rolls or pasta for the whole grain version.
- ✓ Wrap up sandwich fixings in a corn or whole wheat tortilla.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

Fruits and vegetables partner with grains to please your palate and help your heart. A diet with plenty of fruits and vegetables can help reduce your risk of heart disease, stroke, certain cancers and even diabetes. Eating enough fruits and vegetables is also an important part of eating to help lower blood pressure.

Fruits and vegetables give you many important nutrients:

- **Vitamins and minerals**
 - Vitamin C - Iron
 - Vitamin A - Folate
 - Potassium - Magnesium
- **Fiber**
- **Phytonutrients and antioxidants**

Buy fruits and vegetables in all forms: fresh, frozen and canned. Most are naturally low in calories and an easy way to add more soluble fiber each day.

Adults need 2 ½ to 3 cups of vegetables and 1 ½ to 2 cups of fruit each day. A simple tip to help you get the amount you need is to fill half your plate with vegetables, fruit or a combination of them at each meal.

Vary Your Veggies

Varying your vegetable choices is a key to good health.

Paint your plate with a palette of colorful choices including:

- ✓ Dark green lettuce, spinach, cabbage or other leafy greens.
- ✓ Orange squash, carrots or sweet potatoes.
- ✓ Dry beans and peas such as black beans, garbanzo beans (chickpeas), pinto beans or soy beans.
- ✓ Starchy vegetables including corn, green peas or potatoes.
- ✓ Other favorites, such as asparagus, broccoli, cauliflower, green beans, okra, onions or tomatoes.



Focus On Fruits

Whether fresh, canned, frozen or dried, fruit adds natural sweetness and color. Try using fruit as snacks, in salads and main dishes and as dessert. At breakfast, top your cereal with bananas and berries.

Choose a variety of colorful fruits such as:

- Apples, bananas or pears
- Oranges, peaches or mangos
- Berries, melon or mixed fruit



Tips to Add Fruits and Vegetables

- ✓ Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.
- ✓ Keep ready-to-eat fruits and vegetables in see-through containers in the refrigerator for a healthy snack in seconds.
- ✓ Try raw broccoli dipped in a low-fat salad dressing, or grapes dipped in low-fat yogurt.
- ✓ Top your cereal with sliced fruit.
- ✓ Pile pizza with onions, spinach, pineapple and mushrooms.
- ✓ Blend together frozen fruit chunks with soy milk or yogurt for a nutritious treat.

GET YOUR CALCIUM-RICH FOODS

Dairy products such as milk, yogurt and cheese are an important part of a healthy eating plan. They help keep bones strong and may help maintain healthy blood pressure.

Dairy products provide:

- Calcium
- Potassium
- Protein
- Magnesium
- Vitamin D
- Vitamin A
- Other Nutrients



Select low-fat and fat-free dairy products. These foods are similar in nutrient content to their higher-fat counterparts but are lower in total fat, saturated fat, cholesterol and calories, important for a heart healthy diet. For most adults, MyPlate recommends 3 cups of dairy foods every day. 1 cup of milk, yogurt or soy milk, 1½ ounces of natural cheese or 2 ounces of processed cheese count as 1 cup. Try topping fruit salads and baked potatoes with low-fat yogurt.



GO LEAN WITH PROTEIN

Lean meat, poultry, fish, dry beans, eggs and nuts provide important nutrients.

Foods in this group supply:

- Protein
- Vitamin B6
- Vitamin B12
- Iron
- Other Minerals

In choosing foods from the Protein Food group:

- **Select lean cuts of meat and poultry** (without skin). Look for the words “loin” or “round” in the name of beef and pork cuts – they signal a lean choice.
- Fish rich in **omega-3 fatty acids**, such as salmon, may **reduce the risk of heart disease**. At least twice a week, make seafood the protein on your plate.
- **Dry beans, tofu, nuts and seeds** are also heart healthy substitutes for meat and poultry.
- For most adults MyPlate recommends **5 to 6½ ounce equivalents daily**. In general, an ounce equivalent of protein-rich foods is 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; and ¼ cup cooked beans or peas.





DESTINATION
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WEIGHT

ACHIEVE A HEALTHY BODY WEIGHT

Achieving and maintaining a healthy body weight is a crucial destination for good health. A healthy weight range is associated with healthy blood lipid levels and lowers your risks for heart disease, diabetes and some cancers.

If you are overweight, decreasing body weight by as little as 5% (10 pounds for someone who weighs 200 pounds), can significantly reduce risk factors for heart disease and stroke.

BMI, or body mass index, is a measure of your weight compared to your height. Your healthcare provider may use it as an indication of whether you are at a healthy body weight. For help calculating your BMI visit [NHLBIsupport.com/bmi](https://www.nhlbi.nih.gov/health-topics/body-mass-index)

Your **waist measurement** also provides a means for tracking your weight changes and risk for heart disease.

Creating A Heart Healthy Road Map

Designing an eating plan that fits your lifestyle is an important part of managing body weight and improving health. As you develop your plan, consider this:

- ✓ Fruits and vegetables are generally more filling and lower in calories than other choices.
- ✓ Pay attention to portion sizes. Many so-called single servings of foods may be larger in size than the amount recommended by MyPlate.
(The table below shows MyPlate portion sizes).
- ✓ People who eat cereal regularly tend to have healthier body weights, lower cholesterol levels and higher nutrient intakes.
- ✓ Make small changes. Gradual weight loss promotes behavioral changes necessary to maintain weight loss over the long term.

Get A Grip On Portions

	½ cup	Fruit or vegetable that fits in the palm of your hand; the size of a tennis ball
	1 cup	About the size of a woman's fist; cereal that fills ½ a standard cereal bowl; broccoli the size of a light bulb
	1 ½ oz. cheese	About the size of a CD or 4 dice
	1 teaspoon butter or peanut butter	About the size of the top half of your thumb
	1 oz. of nuts	Fits in the palm of your hand
	2 oz. meat	Small chicken leg; ½ cup cottage cheese or tuna
	3 oz. meat	About the size of a deck of playing cards ½ chicken breast, small leg and thigh, 1 medium chop, 1 small hamburger, 1 unbreaded fish fillet
	1 medium apple or orange	The size of a tennis ball
	1 small banana	About the size of an eyeglass case
	1 grain ounce	1 slice of bread, 1 cup of ready-to-eat cereal, ½ regular bagel, or ½ cup of cooked rice, cooked pasta, or cooked cereal

EATING IS ONLY HALF THE JOURNEY: EXERCISE

REVVING UP YOUR MOTOR IS THE OTHER HALF!

Physical activity is important for good health. Before starting a program of physical activity, make sure to check with your healthcare provider.

Exercise can help:

- Improve blood lipid levels, which decreases the risk of heart disease and stroke.
- Help in weight loss and keeping lost weight off.
- Improve blood pressure.
- Decrease stress and improve mood.
- Increase energy.

To avoid soreness and injury, start out slowly and increase the amount of activity gradually. Find activities that you enjoy so you'll keep doing them.



Kick Into High Gear!

It's easy to add more activity into your daily routine.

- ✓ Take 10-minute brisk walks several times a day.
- ✓ Climb the stairs as often as possible.
- ✓ Take a walk in a community center or shopping mall.
- ✓ Hop off the bus a stop or two early and walk briskly to your destination.
- ✓ Turn household chores into calorie burners. Move with a purpose.
- ✓ Gardening is great exercise and fun, too!
- ✓ Buddy-up with a friend – it's good for your body and your spirits.
- ✓ Take advantage of parks – enjoy walking, biking, swimming, tennis and other sports.



DESTINATION
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BLOOD
PRESSURE

ACHIEVE A DESIRABLE BLOOD PRESSURE LEVEL

Ways To Lower Your Blood Pressure

There are several ways you can lower blood pressure and lighten the load on your heart.

- **Shed some pounds.** A healthy weight is less work for the heart.
- **Include plenty of fruits and vegetables,** and three servings of low-fat dairy foods each day.
- **Consume less than 2,300 mg of sodium per day**--or 1,500 mg if you are 51 years or older, are African American, or have high blood pressure, diabetes or chronic kidney disease.
- **Use herbs, spices, lemon juice and wine** to flavor foods instead of salt.
- **1 tsp of salt equals 2,300 mg of sodium,** so keep an eye on how much you add during cooking and at the table.
- **Exercise.** A strong heart muscle lowers blood pressure.
- **Relax!** Let off steam with stress management techniques throughout the day.



BEFORE YOU EMBARK

There are many steps on the road to a healthier heart. Road signs to heed, decisions to make, progress to check. Now is the time to look at the big picture and draw up your game plan.

Develop Your Master Plan For A Healthy Heart

- **SET ACHIEVABLE GOALS.** Choose one big or two to three small changes at a time. Work on these changes until they become habits before you move on.
- **BUILD IN REWARDS.** Give yourself a pat on the back and a small reward each time you reach a goal.
- **PLAN REST STOPS.** Change is hard work. And hard work deserves a rest. Decide ahead of time how and when you will take small breaks from the routine.
- **EXPECT DETOURS AND ROADBLOCKS.** That's life! Recognize that setbacks happen and resolve to get back on track as soon as possible.

Ask The Experts

Every trip presents roadblocks. You can find additional resources on heart disease from the American Heart Association by visiting www.americanheart.org or, for a registered dietitian in your area, call your local hospital or contact the **Academy of Nutrition and Dietetics** (1-800-877-1600 or www.eatright.org).



Continue the journey at **DestinationHeartHealth.com** where you'll find:
Coupons | Wellness videos | Recipes
and more!





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Servings Per Container about 11		
Amount Per Serving	Cinnamon Toast Crunch	with 1/2 cup skim milk
Calories	130	170
Calories from Fat	30	
	% Daily	
	5%	



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Cheerios

Honey Nut
Cheerios



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