



American Heart Association.

Hard Hats with Heart™



5 WAYS TO BOOST YOUR ENERGY LEVELS

Want more energy? Who doesn't? We'd all like to be able to do more and feel better doing it. Fast-fix energy drinks aren't the answer. The key to boosting energy is making healthy, lasting lifestyle changes.

MOVE MORE Just start where you are and do more. If you don't exercise, walk around the block and gradually work up from there. Your goal should be to get at least 150 minutes of moderate aerobic activity per week, preferably spread throughout the week.

EAT SMART Eat a variety of fresh fruit and veggies; the vitamins and minerals they contain are good for your body. If you need a quick snack, keep a serving of your favorite fruit or veggie handy. Drink lots of water, too. Dehydration reduces energy levels.

GET ENOUGH SLEEP Most adults need around seven hours of quality sleep. If you have sleep apnea, a condition that causes you to wake up many times during the night, you may feel sleepy all day. Heavy snoring is a major sign of sleep apnea. Talk to your doctor. Sleep apnea can also put you at risk for stroke.

LOSE A FEW Carrying around extra pounds takes more energy. It creates extra work for your heart and can also raise blood pressure. Lighten up. Learning to manage stress is important. Successfully managing stress means keeping a positive outlook and a healthy lifestyle, which helps fight energy-sapping depression.

Following the steps above is a good start to helping you feel better overall and improve your quality of life. You'll also reduce your risk for heart disease and stroke. Learn more at [heart.org/healthyliving](https://www.heart.org/healthyliving).



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GOOD MOOD FOODS

Have you ever felt hangry (hungry + angry)? Food and mood have an effect on one another.

There are some specific foods that can help boost your mood:

Fruits and Vegetables

An apple a day keeps the doctor away--and maybe the psychiatrist, too. Fruits and veggies have been linked to higher levels of happiness.

Omega-3 Fatty Acids

This is the good stuff, found in foods like fish and nut oils. Low Omega-3 fatty acids have been correlated to depression and impulsivity. Getting plenty of this in your diet keeps your levels high, that's a good thing.

Chocolate

As a special treat, chocolate may have properties that improve mood and even reduce tension. But remember, the key is to choose real chocolate (dark is best) and in moderation.

Break the Bad Mood/ Bad Food cycle by stocking up on convenient and healthy snacks, like bananas or individual bags of nuts or carrots. Keep them within easy reach at home, work, and in the car. Now, the next time a craving or bad mood hits, you can reach for some mood-boosting goodness.

Sources:

Mujic R, J Oswald A. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. *Am J Public Health.* 2016 Aug;106(8):1504-10. doi: 10.2105/AJPH.2016.303260.

Singh M. Mood, food, and obesity. *Frontiers in Psychology.* 2014;5:925. doi:10.3389/fpsyg.2014.00925.

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Healthy for Good™

Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

PLAN AHEAD



Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



Know what you have

Inventory your pantry and refrigerator each week.



Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

AT THE GROCERY STORE



Compare prices

Store-brand products may be more affordable.



Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit heart.org/healthyforgood.

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EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Use it! Here's what to look for:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit heart.org/HealthyForGood

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FOUR WAYS TO GET **GOOD FATS**

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



| **GO FISH**

Eat at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

| **BE NUTTY**

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



| **ADD AVOCADO**

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

| **CHECK THE OILS**

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.



10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

*See "Smart Tips to Build a Healthy Salad" at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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