



# Be Heart Smart \*

## 'Move More' Tip of the Day

Stand up and stretch every time you hit send on an email today



## CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

### This is what it takes to be Heart-Check certified\*:

#### SOURCE OF NUTRIENTS

**Beneficial Nutrients (naturally occurring):**

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

#### LIMITED IN SODIUM

**Sodium:**

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.\*

#### LIMITED IN BAD FATS

**Saturated Fat:**

1 g or less per standard serving size and 15% or less calories from saturated fat

**Trans Fat:**

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT [heartcheck.org](http://heartcheck.org)

\* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



**THE OHIO STATE UNIVERSITY**  
EXTENSION

OSU Extension Office- - Washington County  
1115 Gilman Avenue, Marietta, OH 45750  
740-376-7431

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