



American Heart Association.
Healthy for Good™



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.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

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 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.

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.*



*All requirements listed apply to Standard Certification, see heartcheck.org/requirements 19AHA155 10/2/19.

TO LEARN MORE, VISIT
heartcheck.org