

# 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.**

**Over 1,000 products carry the Heart-Check mark.**

Look for the Heart-Check wherever you shop – it's in almost every aisle!



Here is some of what it takes to be Heart-Check certified\*:

✓ **GOOD SOURCE OF BENEFICIAL NUTRIENTS**  
(vitamin A, vitamin C, iron, calcium, and dietary fiber)

✓ **LIMITED IN SODIUM**

✓ **LIMITED IN BAD FATS**  
(saturated fat and trans fat)

Learn more at  
**HEARTCHECK.ORG**



American Heart Association.  
Hard Hats with Heart™