

Seven Steps to Heart Health

Calculate Your Diet Score

Give yourself a point for each positive choice.
Target your diet score between 4-5.

Diet Score		
Food Choice	Frequency	Points
5 servings of fruits/vegetables	Daily	1
2 servings of Oily fish	Weekly	1
< 2300 mg Sodium	Daily	1
< 100 cal from sweetened beverages	Daily	1
3 servings of whole grains	Daily	1

Bonus Points	
Food Choice	Frequency
4 servings of nuts	Weekly
< 2 servings of processed meats	Weekly
0 trans fats	Daily
Minimal saturated fats	Daily