



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.

**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.



\*All requirements listed apply to Standard Certification, see [heartcheck.org/requirements](http://heartcheck.org/requirements). DS-17386 3/21

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