

## **Weeks Eleven & Twelve:**

### **Nutrition Strategy: Tackling the Top Three**

There are three areas of your life that are key to ensuring that you keep the habits you've started over the last nine weeks.

- Grocery Shopping. You must stock your kitchen with foods that support your health and leave those tempting foods that sabotage your goals out of the house. The American Heart Association has helped with this by supporting those foods that meet the AHA standards for heart health. Click here <http://www.americanheart.org/presenter.jhtml?identifier=2115> to learn where to find the AHA Heart-Check Mark foods and to create a grocery list packed with those foods that support your goals.
- Cook with a healthier lifestyle in mind. This requires making adjustments to your current recipes and learning how to prepare different foods that can provide you with more nutrients that support your heart health. Click here <http://www.americanheart.org/presenter.jhtml?identifier=3071606> to get more information on modifying recipes and making wise choices in your kitchen. One of the most important things to do when trying to eat healthier is to eat less processed foods and prepare foods in your own kitchen.
- Choose healthy foods when eating out. Making poor decisions when you eat out can totally wipe out your extra time in the gym. Click here <http://www.americanheart.org/presenter.jhtml?identifier=3071609> to learn more about how to eat out with family and friends without sabotaging your heart health efforts.

These tools are available to you long after the KATC Go Red program comes to a close. Use them when you need help, support or motivation – that's what it's there for.

