

"Heart Check" Mark On Food Packaging Considered A Better Food Option **News**

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With February being National Heart Health Month, University of Missouri Regional Nutrition and Health Education Specialist, Janet Hackert, is reminding the public about a food monitoring program by the American Heart Association.



It involves a heart check mark on packages of food considered better options.

It's a white check inside a red heart, accompanied by the American Heart Association name. Ms. Hackert said when the mark is on a food package, it means the food's nutrition promotes heart health.

They include limits on total fat, saturated fat, trans fat, cholesterol, and sodium---which Ms. Hackert said should be limited since they negatively effect the circulatory system.

The food also must have something that benefits or promotes health. That includes at least 10% of the daily value of at least 1 of the 6 macronutrientsâ€”Vitamin A, Vitamin C, iron, calcium, protein, and dietary fiber.