Your Guide to Healthy Eating

To promote good health, the American Heart Association recommends that you:

Eat a variety of fruits and vegetables every day.
Make 1/2 of your plate vegetables. Have a piece of fruit daily for a great snack. Choose a rainbow of colors when eating fruits and vegetables.

Eat a variety of grain products every day.
Include whole-grain foods that have lots of fiber and nutrients. Examples of whole grains include oats, whole wheat pasta, and brown rice.

Stay at a healthy weight by balancing the amount of calories you eat with the activity you do every day.
If you want to lose weight, increase your provider-approved activity level to burn more calories and manage your portion sizes.

Eat foods low in fats. Try to choose the following foods:
• Lean meats and meat alternatives like beans or tofu
• Fish, vegetables, beans, and nuts
• Nonfat and low-fat dairy products
• Use healthy oils like canola or olive oils instead of corn oil or butter

Limit sodium.
Try to limit how much sodium (salt) you eat. This is especially important for people who are at risk for or have high blood pressure, diabetes or other health issues. Don’t add salt to foods when cooking or to season before eating. Aim for more fresh and unprocessed foods that are naturally low in salt.

Limit drinks and foods with added sugar.
Look for foods and drinks with unsweetened, no added sugar and zero sugar on the label.
Welcome to the Hartford Hospital Food4Health Clinic

Your healthcare provider has prescribed visits to the Food4Health Clinic to help you and your family add more healthy food to your diet.

What is the Hartford Hospital Food4Health Clinic?
Designed like your local grocery store, the Food4Health Clinic offers fresh fruit, vegetables and other healthy items for you and your family.

The staff will review your prescription with you and help you shop for the food your doctor has recommended.

There is no cost for the food you choose at the Food4Health Clinic.

Where is the Food4Health Clinic?
The clinic is located at 79 Retreat Ave., Hartford, in the Brownstone Building adjacent to the Helen & Harry Gray Cancer Center.

Parking is available on the street or in the Retreat Ave. garage.

Enter through the main Brownstone Building entrance and you will be guided to the Food4Health Clinic.

When can I visit the Food4Health Clinic?
Monday: 11 am–3 pm
Tuesday: 3 pm–6:45 pm
Thursday: 8 am–Noon

How do I contact the clinic?
Call 860.972.4767
No appointment is needed

What I should know as a Food4Health patient

After you are referred:
• Please visit the clinic within two weeks, during the hours we are open, to avoid having your referral cancelled.
• Make an appointment with our dietitian within your first 4-6 weeks, so they can help you make a nutrition plan.

Your first visit:
• You will meet with clinic colleagues briefly to discuss the program.
• Food4Health colleagues will show you what is available.
• You will receive reusable bags, so please remember to bring them every time you visit.

Future visits:
• Please visit weekly for the length of your prescription. You must visit at least twice a month to avoid your prescription being cancelled.
• Colleagues will help guide you about how much food to bring home, based on the size of your household.
• Be sure to maintain all medical treatments and appointments to take full advantage of the Food4Health opportunity.