



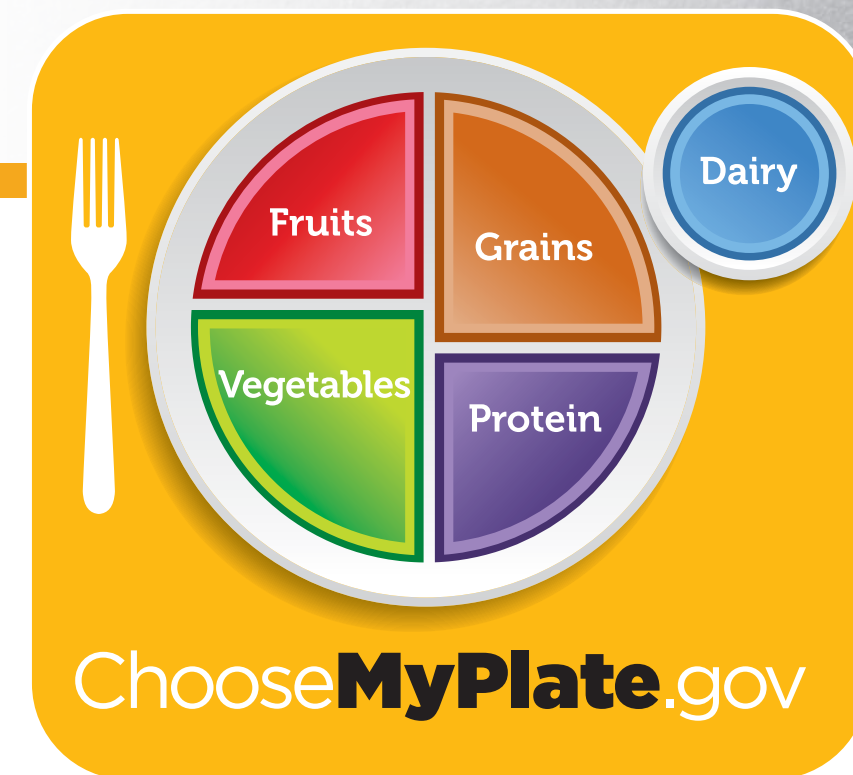
What you should know about

HEALTHY EATING









Healthy Eating Goals

At every stage of life, smart food choices fuel good health. Use the following ideas to set personal goals that will help you improve your overall health and maintain a healthy weight.



- **MAKE HALF YOUR PLATE VEGGIES AND FRUITS** – Most adults need 2 cups of fruit and 2 ½ cups of vegetables each day. The more color the better! Include a variety of red, orange, and dark-green vegetables. Add fruit to meals as part of main or side dishes or as a dessert.
- **MAKE HALF YOUR GRAINS WHOLE GRAINS** – Whole-grain products include brown rice, barley, quinoa (Keenwa) and popcorn. Read labels – good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.
- **ADD LEAN PROTEIN** – Choose (animal & plant) protein sources, such as lean beef, pork, fish, chicken, turkey, beans, soy (tofu), nuts and seeds. Try eating seafood, beans and/or soy products like tofu or veggie burgers at least 3-4 times per week.
- **AVOID EXTRA FAT** – Switch to fat-free or 1% low-fat milk and cheeses. Limit gravy, heavy sauces and fatty meats. Enjoy food that is baked, broiled, or grilled instead of fried.

- **WATCH YOUR PORTIONS** – Take control of portions by using smaller plates, bowls, and glasses. When eating out, choose smaller size portions, share a meal, or plan to take some home.
- **MAKE TREATS “TREATS,” NOT EVERYDAY FOODS** – It’s OK to treat yourself once in a while. Just don’t make “junk foods” with high amounts of fat, added sugars and salt an everyday choice. Limit sweet treats to special occasions.
- **MAKE GOOD BEVERAGE CHOICES** – Drink water instead of sugary drinks when you’re thirsty. If you get bored with water, try adding fruit or vegetable slices to your glass. Keep in mind that regular soda, energy or sports drinks, and iced teas usually contain a lot of added sugar and calories. To maintain a healthy weight, sip water or other drinks with few or no calories.

<p>Fruits</p>  <p>ChooseMyPlate.gov</p>	<p>Vegetables</p>  <p>ChooseMyPlate.gov</p>	<p>Grains</p>  <p>ChooseMyPlate.gov</p>	<p>Protein</p>  <p>ChooseMyPlate.gov</p>	<p>Dairy</p>  <p>ChooseMyPlate.gov</p>
2 CUPS	2 ½ CUPS	6 OUNCES	5 ½ OUNCES	3 CUPS
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables – make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
<p>Limit</p>  <p>ChooseMyPlate.gov</p>	<p>DRINK AND EAT LESS SODIUM, SATURATED FAT, AND ADDED SUGARS</p> <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 22 grams a day. • Added sugars to 50 grams a day. 			