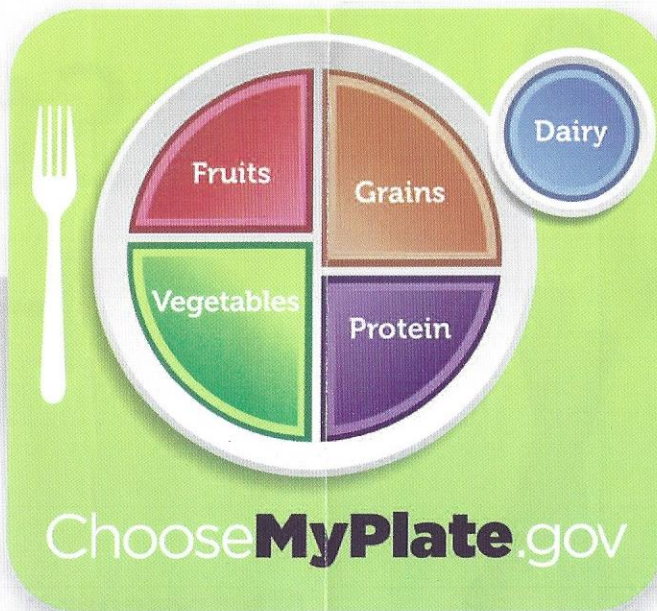


Cut back on salt (sodium) and empty calories from fats and added sugars.

Look out for sodium in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks such as soda pop and sweet tea. Choose sugary foods such as candy and fruit snacks less often.

Limit foods that are high in fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs.



Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Teens: get 60 minutes or more a day.

Adults: get at least 30 minutes five days per week of activity that requires moderate effort, such as brisk walking.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Make 1/2 your plate fruits and vegetables.</p> <ul style="list-style-type: none"> • Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. • Add vegetables to salads, soups, and side dishes. • Try vegetables with a dip as a snack. • Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no salt-added” canned veggies. 	<ul style="list-style-type: none"> • Choose fruits for snacks, salads, and desserts. Top your cereal with bananas or strawberries. Add blueberries to pancakes. • Buy fruits that are dried, frozen, or canned (in water or 100% juice), as well as fresh fruits. • Select 100% fruit juice when choosing juices. • Try to limit juice to 4 ounces per day. 	<p>Make at least 1/2 of your grains whole.</p> <ul style="list-style-type: none"> • Select whole-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta. • Check the ingredients list on the product labels for the words “whole” or “whole grain” before the grain ingredient name. • Choose products that name a whole grain first on the ingredients list. 	<p>Switch to fat-free or 1% milk.</p> <ul style="list-style-type: none"> • Fat-free and 1% milk have the same amount of calcium and other key nutrients as whole milk, but less fat and calories. • Top fruit salads and baked potatoes with low-fat yogurt or cheese. • If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage). 	<p>Vary your protein food choices.</p> <ul style="list-style-type: none"> • Try meatless meals such as tofu, dried beans and peas, nuts and eggs. • Make seafood the protein on your plate twice a week. • Choose lean meats and ground beef that are at least 90% lean. • Trim or drain fat from meat and remove skin from poultry to cut fat and calories. • Bake, broil, or grill for less calories.