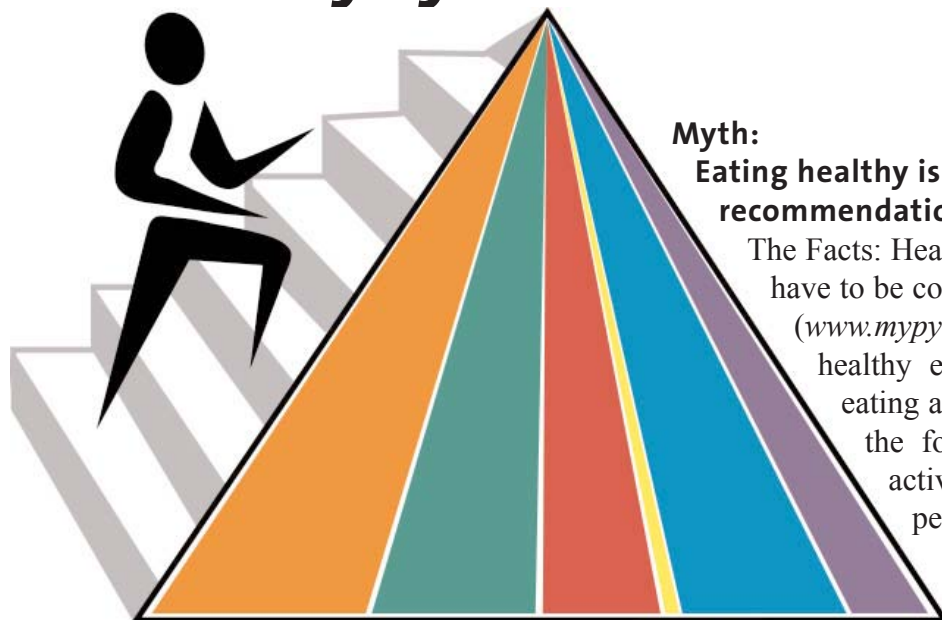


MyPyramid: Get the Facts



Myth:

Eating healthy is hard and complicated and the recommendations change all the time.

The Facts: Healthy eating and a healthy lifestyle do not have to be complicated. Use the USDA's MyPyramid (www.mypyramid.gov) as a guide for an overall healthy eating plan. Its key messages include eating a variety of healthy choices from each of the food groups and enjoying physical activity each day. MyPyramid can be personalized to make it work for you.

Fats & oils



Grains

Vegetables

Fruits

Milk

Meat & Beans

Take the steps towards better nutrition and health. It is never too late to make a change for the better. Make smart choices at every meal and be a little more active each day. Here are the food groups that give you the right nutrients each day:



GRAINS - At least half of the servings of grains you eat each day should be whole grains like oatmeal, brown rice, barley, and 100% whole wheat products.



VEGETABLES - Most people do not eat enough vegetables or enough of the dark green or orange veggies. If you can eat one large salad at lunch plus a few vegetables at dinner and for snacks, you are stepping in the right direction!



FRUITS - Think fresh whole fruit and get a variety each day. Start with breakfast and end with dessert. Take a fruit with you for snacking, too.



MILK - Most people need to drink about 3 glasses of skim milk each day or get the equivalent with yogurt. Dairy foods that are low in sodium and fat, yet high in calcium are the right choice.

Brought to you by:



MEAT/BEANS - If you are like most Americans, you probably get more than enough protein; you just don't get the right variety or keep it low in saturated fat. Start including beans/legumes, fish and nuts a little more, especially if these can be in place of meat.



STEP MORE, SIT LESS - Being more active and less sedentary helps you control weight and lower your risk for many chronic diseases. Did you know that cleaning the house instead of watching TV burns twice the calories? Try to get about 30-60 minutes of exercise, like brisk walking, each day.

FMI:

Visit www.mypyramid.gov to obtain more information about MyPyramid and to find out what is right for you based on your sex, age and activity level.

My Health Check List:

- Cook and eat more meals at home
- Consume fewer foods and drinks with sugar
- Eat more salads and vegetables
- Eat more fruit, especially whole fruit
- Drink 3 cups skim milk daily
- Get a variety of heart healthy protein
- Eat at least 3 ounces of whole grains per day
- Exercise every day for 30-60 minutes