

General Information about Nutrition

Nutrition and **YOUR** Health: Dietary Guidelines for Americans as designed by the United States Department of Agriculture

- **Eat a variety of foods.**

Eat plenty of fruits and vegetables every day. Eat different types of starches with your meals. Eat more high fiber foods and less salty foods. Try new foods.

- **Balance the food you eat with physical activity – maintain or improve your weight.**

Be at a healthy weight. Your weight goal should be one that you can maintain without much trouble

If you have trouble getting to your healthy weight or staying there, talk to a dietitian. Every day do activities that move your body - walking, sweeping, gardening, playing.

Be active at least 30 minutes most days. Three 10 minute periods of activity work best for some.

- **Choose a diet with plenty of grain products, vegetables and fruits.**

Try new types of whole-grain breads and breakfast cereals.

- **Choose a diet low in fat, saturated fat and cholesterol.**

Prepare meat with less fat or no fat. Bake, broil, roast, grill or boil meats instead of frying. Have a meatless meal one or twice a week.

Choose fried or high-fat foods only 1-3 times a week. Drink nonfat or low-fat milk

- **Choose a diet moderate in sugar.**

Avoid regular soft drinks. One can has 9 teaspoons of sugar.... Choose water or diet soft drinks.

- **Choose a diet moderate in salt and sodium.**

Most Americans consume more sodium than is needed. The Nutrition Facts Label lists a Daily Value of 2,400 mg per day for sodium [2,400 mg sodium per day is contained in 6 grams of sodium chloride (salt)]. In household measures, one level teaspoon of salt provides about

2,300 milligrams of sodium.

Most people consume more than this amount.

- **If you drink alcoholic beverages, do so in moderation.**

Alcoholic beverages supply calories but few or no nutrients.