

MARCH IS NATIONAL NUTRITION MONTH

DIETARY GUIDELINES FOR AMERICANS

AIM FOR FITNESS

Aim for a healthy weight. Be physically active each day.

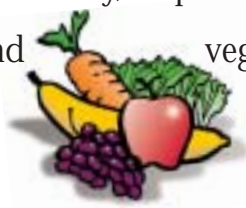


BUILD A HEALTHY BASE

Let the Pyramid guide your food choices. Choose a



variety of grains daily, especially whole grains. Choose a



variety of fruits and vegetables. Keep food safe to eat.



CHOOSE SENSIBLY



Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

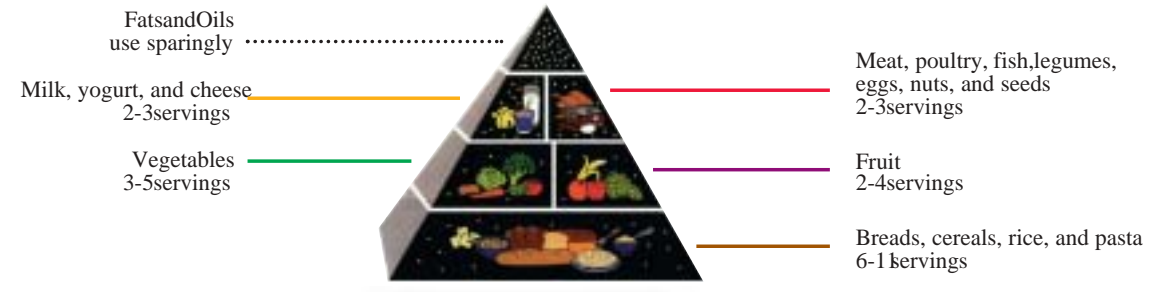


Choose beverages and foods to moderate your intake of sugars.

Choose and prepare foods with less salt. If you drink alcoholic beverages, do so in moderation.

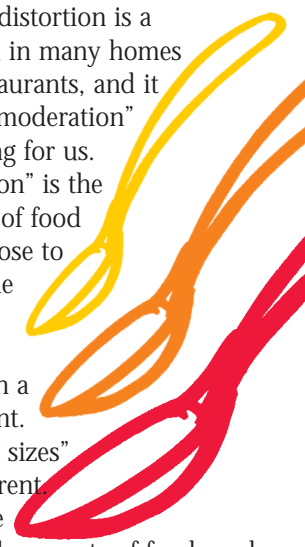


FOOD GUIDE PYRAMID



PORTION DISTORTION GET SERVING SIZE WISE

Portion distortion is a problem in many homes and restaurants, and it makes "moderation" confusing for us. A "portion" is the amount of food you choose to eat or the amount you are served in a restaurant. "Serving sizes" are different. They are standard amounts of food used in the Food Guide Pyramid to provide advice about how much to eat. Serving sizes are also used on food labels to identify how many calories or nutrients are in a food. (Serving sizes in the Food Guide Pyramid are not always the same as those on food labels.) The amount of a food that you eat might be more than one serving. To follow the recommendations of the Food Guide Pyramid, you need to compare your portions to Pyramid serving sizes



HEALTHY EATING AND HEALTHY LIFESTYLE

Healthy eating is for everyone, not just people with health problems. Eating well not only provides you with foods that taste good, it can also help prevent some diseases. You don't have to give up your favorite foods to eat well because all foods can fit into a healthy eating style. These suggestions will help you to eat healthy foods and to be more physically active so you can enjoy many years of good health. It's an investment worth making!



1 BE REALISTIC.

Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.

Here are suggestions to replace higher calorie foods with fruits, vegetables, and whole grain products. Take a banana for your morning commute or add raisins or other fruit to your morning oatmeal. Pack some grapes and baby carrots to have with lunch. Include at least 2 vegetables with dinner. Snack on fresh or dried fruit. Increase your intake of whole grains, beans, and nuts. Make sandwiches with whole wheat bread and main dishes with beans. Have popcorn, peanuts, pretzels, or whole grain crackers for snacks. Switch to lower fat or nonfat milk, yogurt, and cheese. Choose lean meats like round and loin cuts. Trim visible fat from meat and remove skin from poultry. Use a cooking spray instead of oil or butter to sauté foods.

2 BE ADVENTUROUS.

Expand your tastes to enjoy a variety of foods.

- Plan an entrée that includes at least one food from each Food Guide Pyramid food group.
- Venture to a new cuisine without leaving home.
- Enjoy the flavors of Thailand, India, Ethiopia, or the Mediterranean by trying new dishes from a local restaurant or supermarket deli.
- Add fresh, frozen, canned, or dried fruits or vegetables to your next meal to improve color and texture.
- Buy one new vegetable or fruit every time you shop and try new vegetable recipes.
- Try new and different whole grains such



as brown rice, kasha, or bulgur cereal. Try whole grain products such as waffles, bagels, muffins, crackers, tortillas, or pasta.

3 BE FLEXIBLE.

Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

Eat lighter meals for lunch and dinner after a big breakfast. Balance your birthday celebration dinner by eating a light breakfast and lunch, and then dance the night away. Eat a lighter breakfast and go for a walk at lunchtime to plan for "pizza with the works" for dinner. Eat a regular burger (instead of super-sized) and share fries for a fast food meal. Take a walk with your companions before or after a big dinner. Take healthy snacks with you when you travel or will be away from home for many hours.

Read food labels when you shop so you can make choices that are best for you and your family.



4 BE SENSIBLE.

Enjoy all foods, just don't overdo it.

- Eat more slowly and savor your foods.
- It takes about 20 minutes for your brain to get the signal that your stomach is full.
- You will eat less, enjoy it more, and avoid feeling stuffed.
- Snack from a plate, not from the bag, to be aware of how much you're eating.
- If you want a meal from your favorite fast food place, skip the bacon and special toppings on the hamburger and order a side salad.



5 BE ACTIVE.

Walk the dog, don't just watch the dog walk. Here are some ideas to make every step count: Use stairs more often. Get off the elevator a few floors early and climb the stairs. Build mini-walks into your day. Wear or have comfortable walking shoes on hand so you can take a walk wherever you are - at work, at the mall, or between activities on weekends. When out doing errands at large shopping plazas, park centrally and walk to all your destinations rather than moving the car to each new location. Stay fit in your own backyard by mowing grass, weeding the garden, raking leaves, or shoveling snow.

Turn family time into activity time. Go for a walk, hike, or bike together or go to the park or zoo. Take classes you enjoy such as water aerobics, yoga, and dancing (salsa, swing, ballroom). If you haven't been active for a while, start with a quick walk (5 to 10 minutes) and build gradually to at least 30 minutes most days.



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