

# Dietary Guidelines Consumer Brochure

## Let's eat for the health of it!

Download the brochure for more details.

Start by choosing one or more tips to help you...

### **Build a healthy plate**

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Keep your food safe to eat - learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov).

### **Cut back on foods high in solid fats, added sugars, and salt**

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy - it all adds up.
- Eat fewer foods that are high in solid fats.

### **Eat the right amount of calories for you**

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men.

### **Be physically active your way**

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

**Note to parents:** What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.

You are your children's most important role model. Your children pay attention to what you do more than what you say.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just tell your children to eat their vegetables - show them that you eat and enjoy vegetables every day.



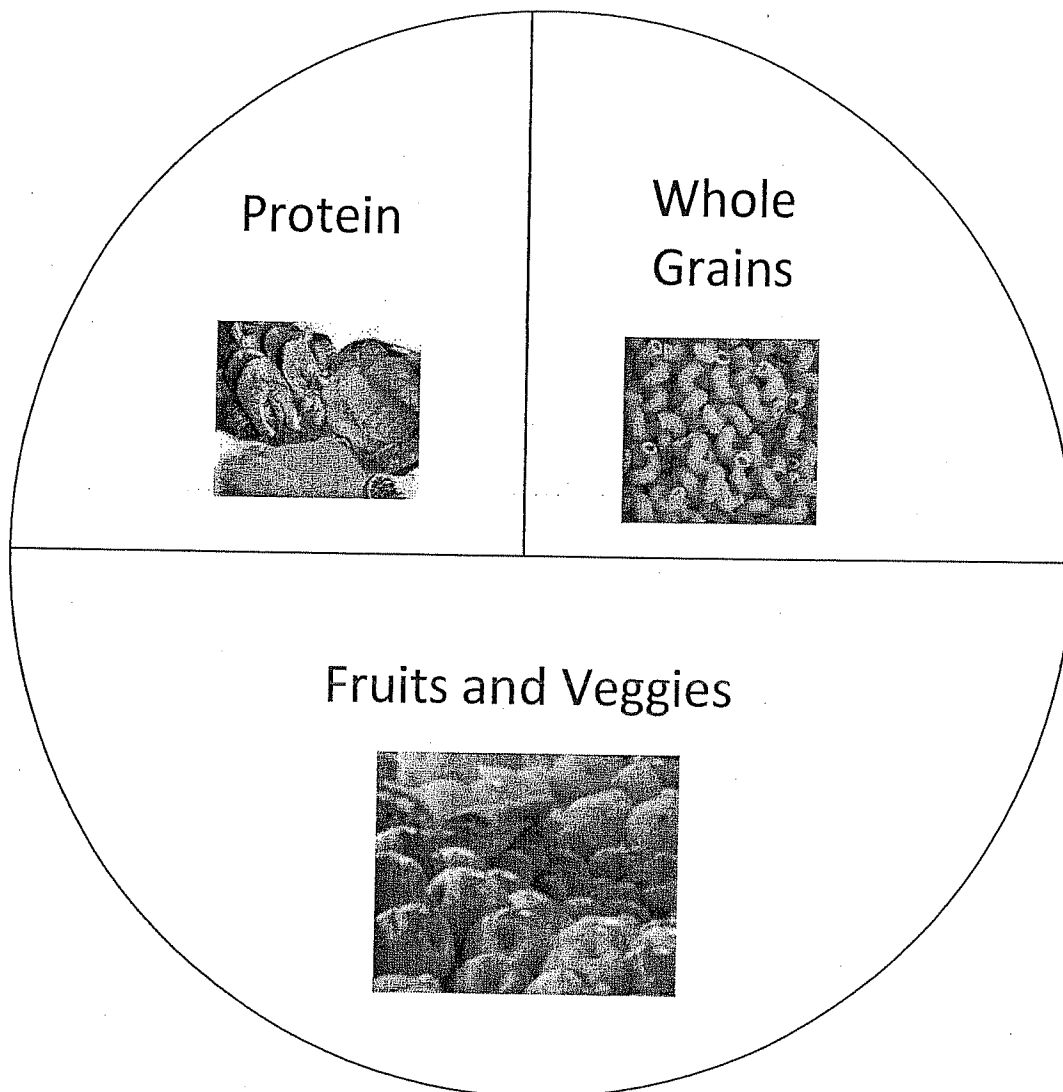
### Portion Control

Prevent over-eating and promote a balanced diet by practicing portion control. Our bodies need a variety of foods with some foods being needed more than others. Use the diagram below as a guide to how your plate should look at each meal.

Our bodies need fresh fruits and veggies most, so fill your plate with those first. Divide remaining space between lean meats, poultry or fish with whole grains. Another simple way to control portion sizes is by eating off smaller plates; by decreasing the amount of space, you are automatically decreasing your portion-sizes, hassle-free!

#### Portioning Tips:

- Fill  $\frac{1}{2}$  of your plate with fruits/veggies
- Fill  $\frac{1}{4}$  of your plate with whole grains, like brown rice or whole-wheat pasta
- Fill  $\frac{1}{4}$  of your plate with a protein, like a lean meat or fish



#### Resources:-

① For more information on heart-healthy eating visit [www.Heart.org/Nutrition](http://www.Heart.org/Nutrition) or contact the American Heart Association at [inquiries@heart.org](mailto:inquiries@heart.org) or (800) 242-8721.

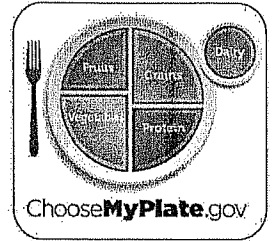
② [Choose My Plate.gov](http://ChooseMyPlate.gov)

# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



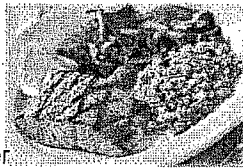
**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.** Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

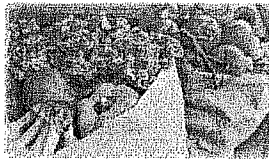


### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

# How Much Physical Activity is Needed?



Physical activity is important for everyone, but how much you need depends on your age.

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## ADULTS

(18 to 64 years)

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

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## CHILDREN AND ADOLESCENTS

(6-17 years)



Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.

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## YOUNG CHILDREN

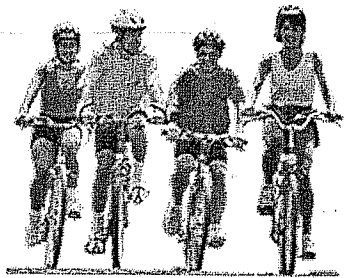
(2-5 years)

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally-appropriate, fun, and offer variety.

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**Physical activity is generally safe for everyone.** The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:

- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.



- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.