

MAKING HEALTHY CHOICES

PHYSICAL ACTIVITY

Be physically active for at least 30 minutes per day most days of the week or 150 minutes for the week.



Your Food Pyramid

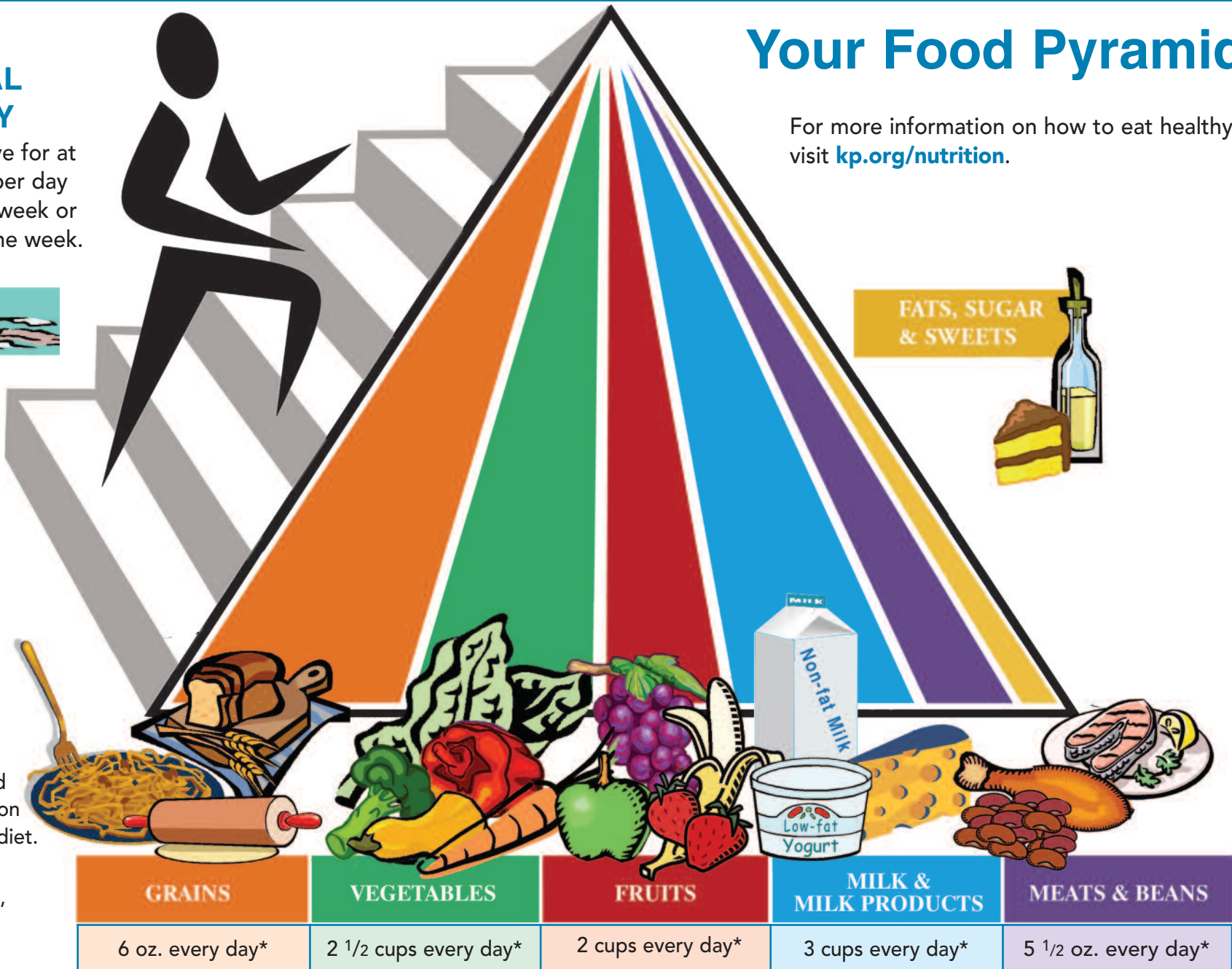
For more information on how to eat healthy, visit kp.org/nutrition.

FATS, SUGAR & SWEETS



* These recommended amounts are based on a 2,000 calorie/day diet.

✓ More information about calorie needs, daily amounts, tips, and food examples are on the other side of this page.



Adapted from USDA MyPyramid.gov

<p>GRAINS 6 oz. every day* (at least 3 oz. or half should be whole grains)</p> <p>1 oz. = 1 slice of bread 1 cup of ready-to-eat cereal 1/2 cup of rice, pasta, or cooked cereal, like oatmeal 1 corn tortilla (6" diameter) 3 cups of popcorn</p>	<ul style="list-style-type: none"> • Read the food label and look for "whole" listed before the grain name. • Get more fiber by eating more whole grains everyday. • Choose a whole grain breakfast cereal. • Use whole grain bread or a roll for your sandwich. • Stock your pantry with brown rice, whole grain pasta, and low-fat, whole grain crackers. 	<p>MEATS & BEANS 5 1/2 oz. every day*</p> <p>1 oz. = 1 oz. of meat, fish, or poultry 1 egg 1 tbsp. of peanut butter 1/2 cup of cooked beans 1/4 cup of nuts and seeds 1/2 cup of tofu</p>	<ul style="list-style-type: none"> • Choose low-fat or lean meat and poultry. Bake, broil, or grill it. • Vary your protein choices with more fish, beans, and peas. • Choose chicken or turkey without the skin. • Eat more beans and peas, like pinto beans, kidney beans, and lentils. • Choose nuts as a snack, and add them to salads and main dishes to replace meat or poultry choices. • Choose fishes that are rich in omega-3 fatty acids such as salmon, trout, and herring. Omega-3 fatty acids are good for heart health. • Select no more than 12 oz. of low-mercury fishes a week to help your heart, while limiting your exposure to toxins. • Canned light tuna, salmon, and catfish are good low mercury choices. Limit fishes that contain higher levels of mercury such as tuna (mainly albacore), king mackerel, shark, swordfish, and tilefish.
<p>VEGETABLES 2 1/2 cups every day*</p> <p>Choose dark green, orange, and starchy vegetables. Eat more dry beans and peas. Try to vary your vegetables.</p> <p>1 cup = 1 cup of raw or cooked vegetables or vegetable juice</p>	<ul style="list-style-type: none"> • Spruce up a sandwich with more vegetables such as tomatoes, lettuce, and sprouts. • When dining out, swap french fries for a serving of vegetables or a salad with low-fat dressing. • Enjoy veggie sticks with a low-fat yogurt dip, cottage cheese, or hummus. 	<p>FAT Choose healthy fats found in fish, nuts, and most vegetable oils (such as olive and canola oils). Limit foods with saturated fats or trans fats. Select baked, steamed, or broiled foods instead of fried foods. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain them, such as baked goods, gravies, creamy sauces, sour cream, and creamy salad dressings.</p>	
<p>FRUITS 2 cups every day*</p> <p>Choose fresh, dried, or frozen fruits. Select fruits canned in their own juice, light syrup or water. Avoid canned fruits in heavy syrup.</p> <p>1 cup = 1 cup of fresh fruit 1/2 cup of dried fruit 1 medium apple</p>	<ul style="list-style-type: none"> • Keep a bowl of fresh fruit on the table, counter, or in the refrigerator. • Choose mostly whole or cut-up fruit rather than juice. • Have fruit as dessert, or add fruit to low-fat or non-fat yogurt. • Buy fresh fruits in season for peak flavor and lowest cost. 	<p>SUGAR & SWEETS Choose foods and beverages low in added sugars. Added sugars contribute calories with few, if any, nutritional benefits.</p> <p>Drink water, unsweetened, or artificially sweetened (or zero calorie) beverages instead of regular soda. For dessert or a snack, choose fresh fruit, low-fat yogurt, or popcorn without butter instead of high calorie foods such as baked goods, pastries, cookies, candy bars, and ice cream.</p>	
<p>MILK & MILK PRODUCTS 3 cups every day*</p> <p>Pick low-fat or nonfat when you choose milk, yogurt, or other milk products. If you don't drink milk, choose other calcium-fortified foods and beverages, such as:</p> <p>1 cup = 1 1/2 oz. hard cheese or 2 oz. processed cheese 8 oz. soy milk, calcium fortified</p>	<ul style="list-style-type: none"> • Add a slice of low-fat or nonfat cheese to a sandwich. • Stock up on string cheese and low-fat or nonfat yogurts for lunches or snacks. • Start your day with dairy: whole grain cereal and low-fat (1%) or nonfat milk or fruit and low-fat (1%) or nonfat yogurt. • Make a smoothie with a cup of low-fat or nonfat yogurt, your favorite fruit, and ice. 	<p>ALCOHOL If you choose to drink alcohol, do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks a day for men. One drink is 12 oz. of regular beer, 5 oz. of wine, or 1 1/2 oz. of 80-proof distilled spirits. Remember that alcoholic beverages have calories and are low in nutritional value.</p>	
<p>* These recommended amounts are based on a 2,000 calorie/day diet. Your actual calorie needs may be higher or lower than 2,000 calories, depending on your age, gender, activity level, and health goals. For example, 2,000 calories/day are needed by a 30-year-old woman who exercises at least 30 to 60 minutes a day and also by a 61-year-old man who is active for less than 30 minutes a day. For more information, please visit MyPyramid.gov, where you can get a pyramid customized with a calorie level that meets your health goals.</p>			

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.