

The ABC's of Healthy Eating

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 daily.
- 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.

Remember:

Every Bite Counts!

Source:

<http://www.health.gov/dietaryguidelines/dga2000/document/summary/default.htm>