

Eat right.

A body can't be active without the right fuel. To feel their best, most people need to eat the following foods every day:

- At least 5-7 ounces of whole-grain bread, cereal, pasta or rice
- 2½-3 cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat milk or yogurt
- 5-6 ounces of lean meat or beans

Recipes, food plans and more information on good nutrition for people of all ages can be found at <http://www.chosemyplate.gov>.



Use these 10 tips to balance your calories.

1. Balance calories (energy in) and activity. Find your calorie level at the MyPlate website.
2. Enjoy your food, but eat less. Eat slowly and enjoy your food. Pay attention to hunger and fullness cues.
3. Avoid oversized portions.
4. Foods to eat more often: vegetables, fruits, whole grains and fat-free or 1% milk and dairy products
5. Make half your plate fruits and vegetables.
6. Switch to fat-free or low-fat (1%) milk.
7. Make half your grains whole grains.
8. Cut back on foods high in solid fats, added sugars and salt. Use foods like cakes, cookies, candies, sweetened drinks, ice cream and fatty meats as occasional treats, not everyday foods.
9. Compare sodium in foods.
10. Cut calories by drinking water or unsweetened beverages instead of sugary drinks.