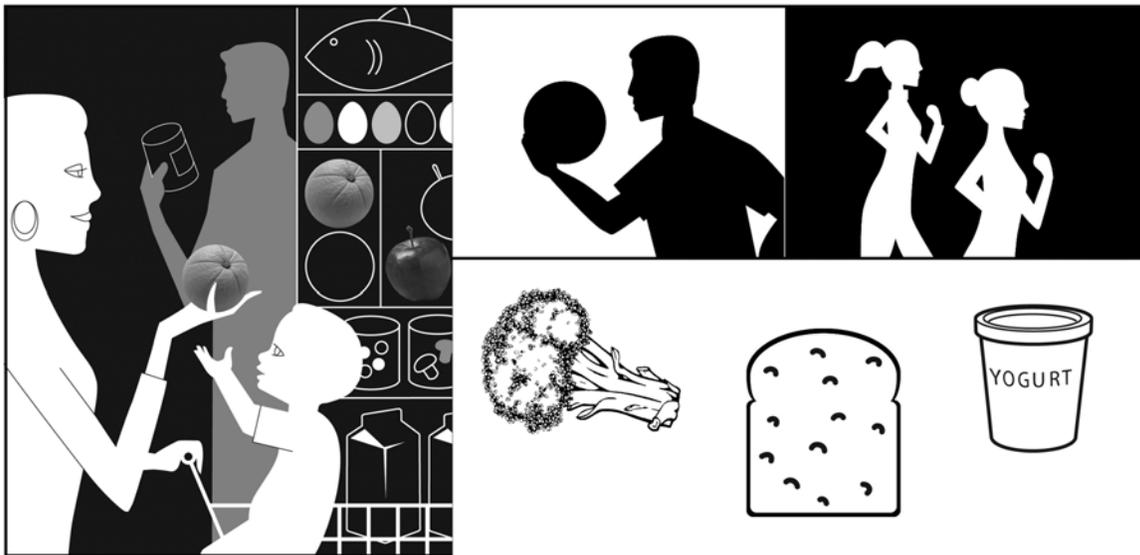


Finding Your Way to a Healthier You: Advice for Consumers based on the 2005 Dietary Guidelines for Americans¹

Feel better today. Stay healthy for tomorrow.



1. Make smart choices from every food group.

- Don't give in when you eat out and are on the go.
 - At the store, buy a variety of nutrient-rich foods for meals and snacks throughout the week.
 - When grabbing lunch, have a sandwich on whole grain bread. Choose low-fat or fat-free milk, water or other drinks without added sugars.
 - In a restaurant, choose steamed, grilled or broiled dishes instead of foods that are fried or sautéed.
 - On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks or a handful of unsalted nuts.

¹ The 12-page brochure by HHS and USDA is available at www.healthierus.gov

- Mix up your choices within each food group.
 - Focus on fruits.
 - Vary your veggies.
 - Get your calcium-rich foods.
 - Make half your grains whole.
 - Go lean with protein.
 - Know the limits on fats, salt and sugars.



2. Find your balance between food and physical activity.

- Be physically active for at least 30 minutes on most days. Children and teens should be physically active for 60 minutes on most days.
- For greater health benefits and to help prevent unhealthy body weight gain, increase the intensity or amount of time that you are physically active to 60 minutes a day.
- If you eat 100 more food calories a day than you burn, you'll gain about one pound in a month. That's about ten pounds in a year. To lose weight, reduce calories and increase physical activity. To help sustain weight loss, do moderately-intense physical activity at least 60 to 90 minutes every day.

3. Get the most nutrition out of your calories.

- Choose the most nutritionally rich foods you can from each food group each day. Choose foods packed with vitamins, minerals and fiber but lower in calories, added sugars, saturated fats, trans fats, cholesterol and sodium.
- Nutrition: To know the facts ... use the Nutrition Facts label.
- Play it safe with food. Know how to prepare, handle and store food safely.
- If you choose to drink alcohol, do so in moderation. Moderate drinking means up to one drink a day for women and up to two drinks for men.

Note: The Kansas Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call the SRS Service Center toll free at 888-369-4777.

This summary was prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Feb 2005. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.