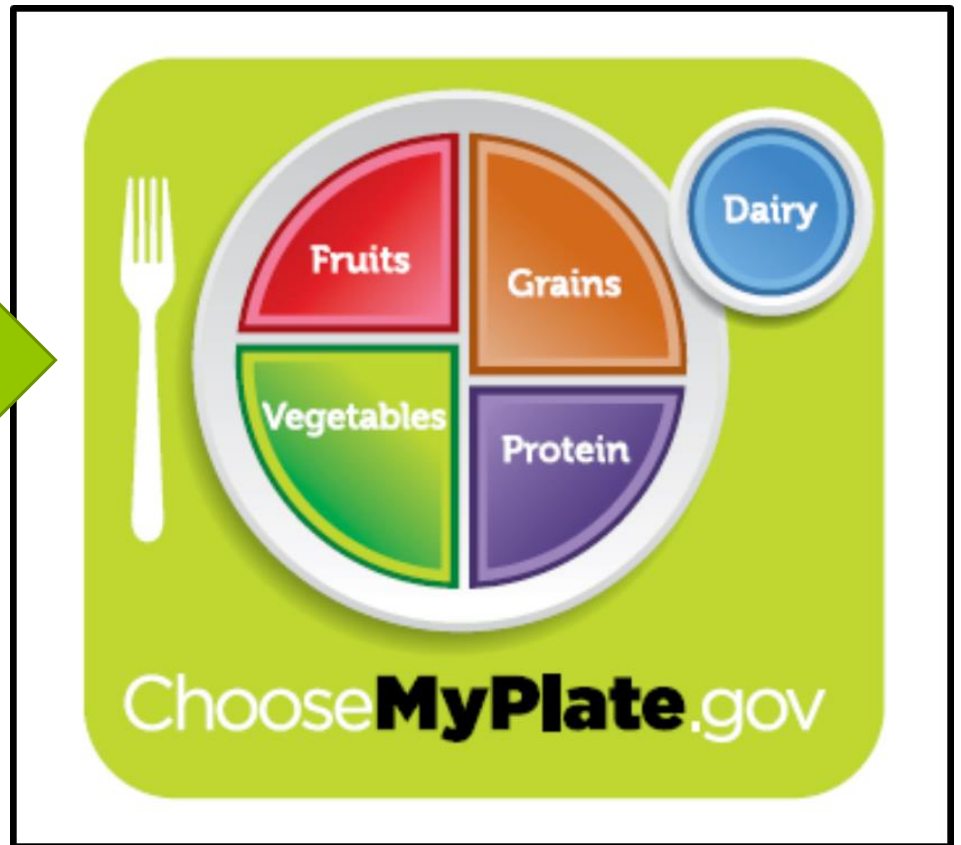
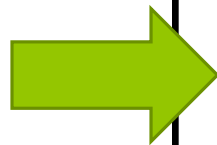
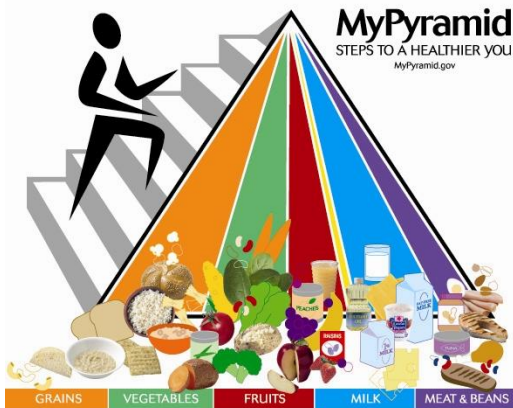
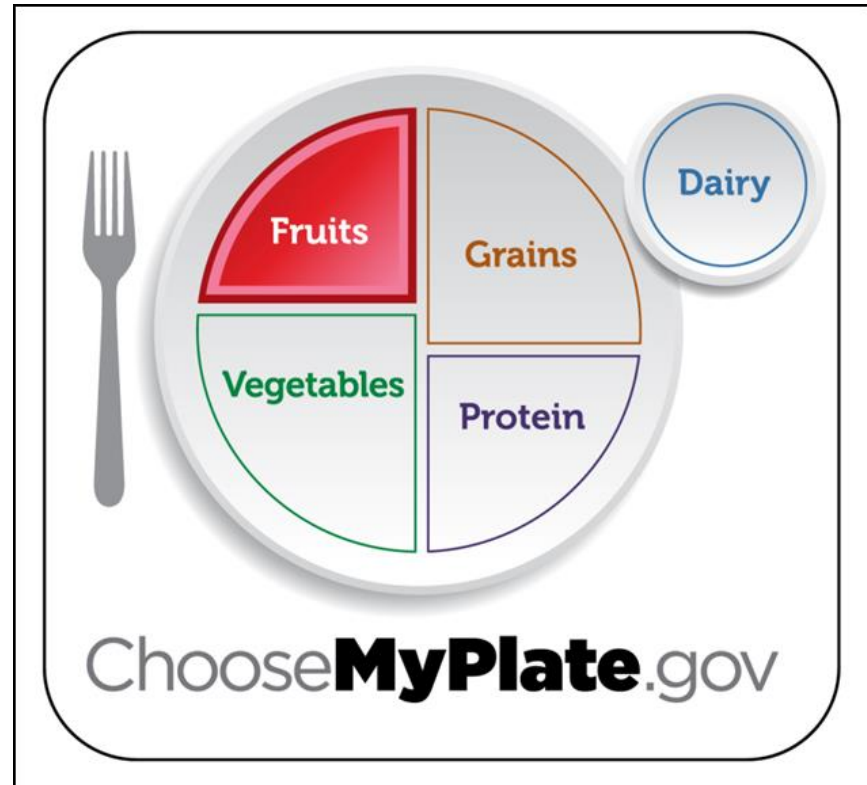


The new food “Pyramid”



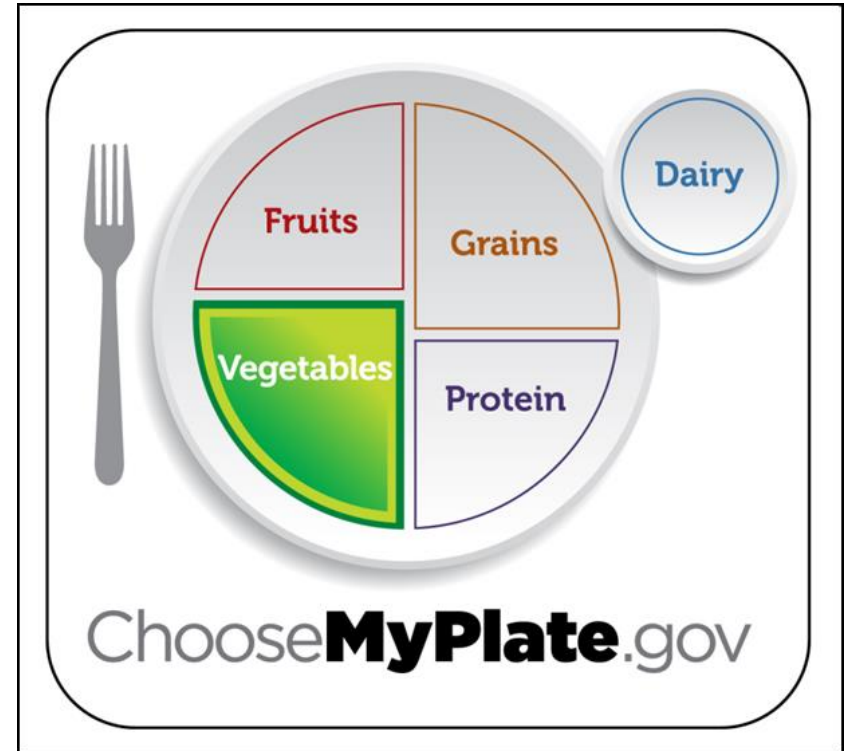
Fruits

- Fresh fruit is the best choice but dried, frozen, canned, or 100% fruit juice is also great.



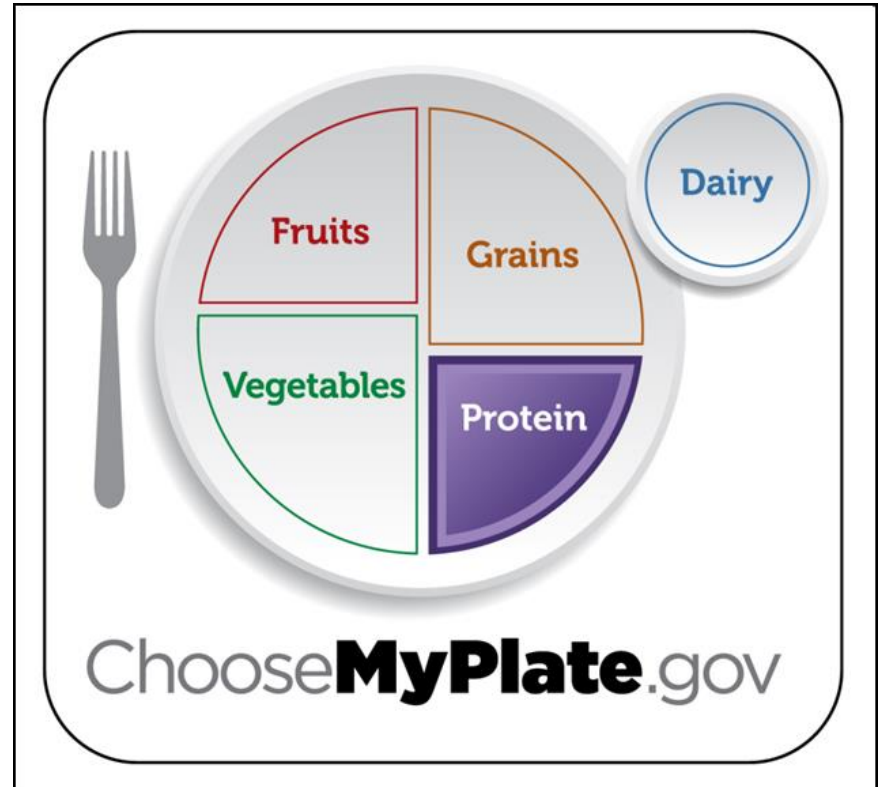
Vegetables

- Eat red, orange and dark green vegetables.
- Make $\frac{1}{2}$ your plate fruits and vegetables!



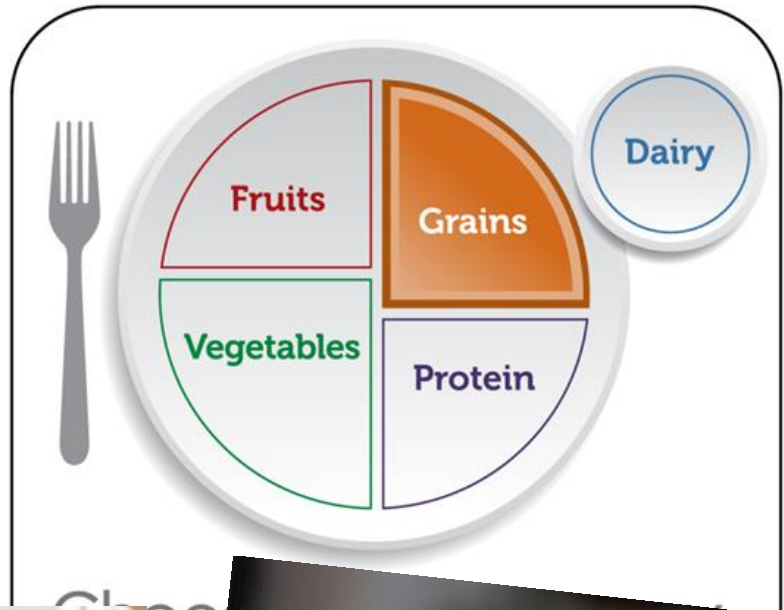
Protein

- Keep meat and poultry portions small and lean.



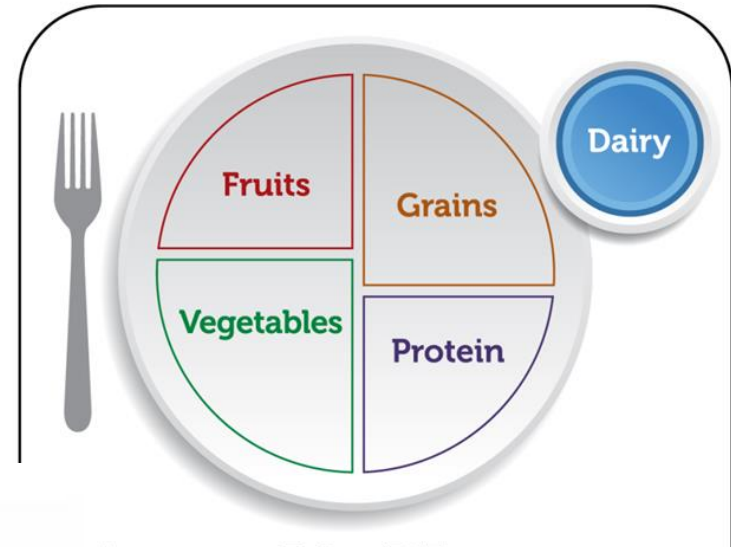
Grains

- Make half your grains whole grains.



Dairy

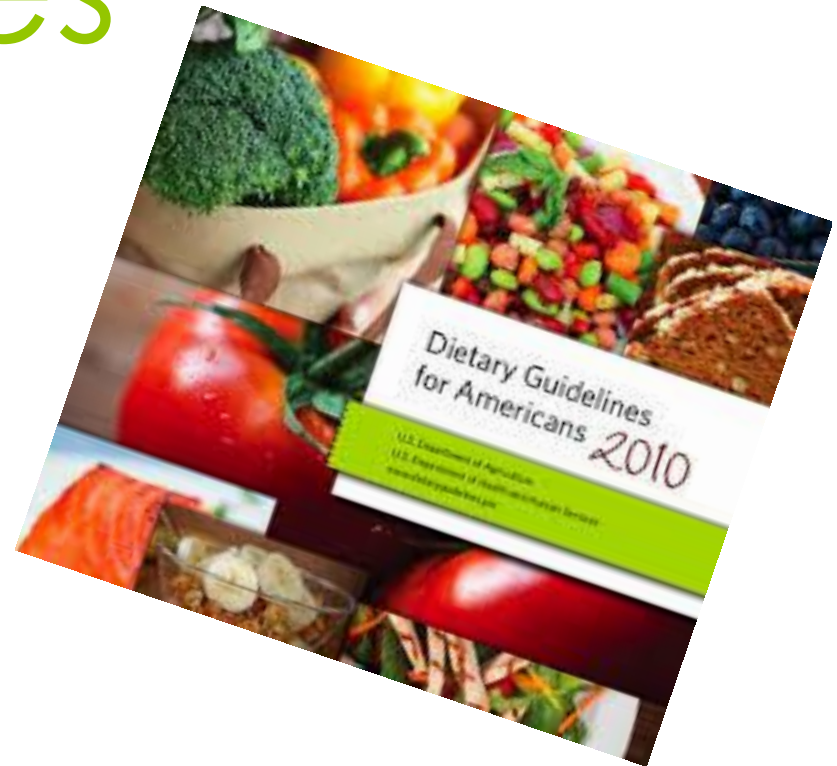
- Switch to fat free milk and get your calcium rich foods.



Is it always going to look like this?



6 Dietary Guidelines



1- Eat **NUTRIENT DENSE** foods

- Choose foods that are high in nutrients instead of foods that have a lot of **EMPTY CALORIES**.

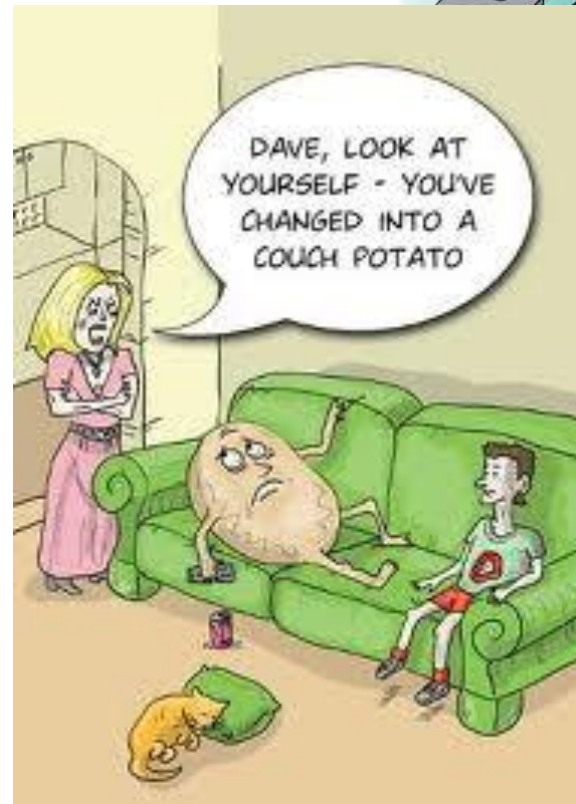


OR



2- Balance Calories to manage weight

- If you're inactive, you have fewer allotted calories.
- If you're active, you burn more calories so you can eat more.



3- Reduce sodium, fats and added sugars, refined grains and alcohol

- These include processed foods, junk foods, white breads and pastas...



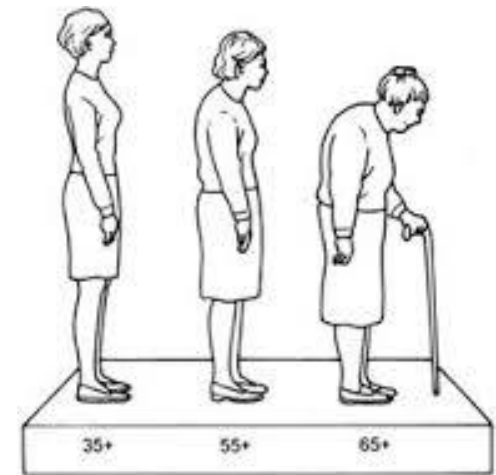
4- Increase vegetables, fruits, whole grains, milk, seafood, and use oils in place of solid fats

- In other words, increase your consumption of **nutrient dense** foods!



5- Build healthy eating patterns that meet nutritional needs over time at an appropriate calorie level.

- Realize that the habits you make now haunt you in the future...



6- Include physical exercise as part of healthy eating patterns.

- 6-17 year olds should be active at least 60 minutes or more each day.



10-Tips to stay healthy!

1. Balance your diet
2. Enjoy your food but eat less
3. Avoid oversized portions
4. Some foods to eat more
Vegetables, Fruits, Whole grains and
Fat-free dairy products
5. Make half your plate
vegetables



Tips to reduce salt intake

6. Switch to low fat (1%) milk
7. Make half your grains whole grain
8. Eat less of foods high in fat, added sugar and added salt
9. Compare sodium in foods (look for labels like "no salt added")
10. Drink water instead of sugary drinks

