Enjoy the food you eat and take action for good health. You can take simple steps to help you have better health and lower your risk for heart disease, cancer, diabetes, stroke, and osteoporosis.

There are many foods and many ways to prepare them. The ABC's of good nutrition for better health are:

AIM, BUILD, and CHOOSE

Aim for fitness

- Aim for a healthy weight—balance the calories you eat with physical activity.
- Get moving. Do 30 minutes or more of moderate exercise most days or every day. Make physical activity part of your daily routine.
- Get at least 7-9 hours of sleep each night.
- Be a role model for children. Eat healthy meals and enjoy regular physical activities together. Children need at least 60 minutes of physical activity every day.

Build a healthy base

- Use myPyramid (from myPyramid.gov) to help you choose healthy foods you can enjoy.

- Eat a variety of grains, fruits, and vegetables.
- Eat whole grain foods daily —like whole wheat bread, brown rice, oats, and whole grain corn.
- Choose a mix of colorful vegetables every day: dark-green leafy vegetables, orange fruits and vegetables, and cooked peas and beans are some examples.
- Eat breakfast as one of three meals a day.

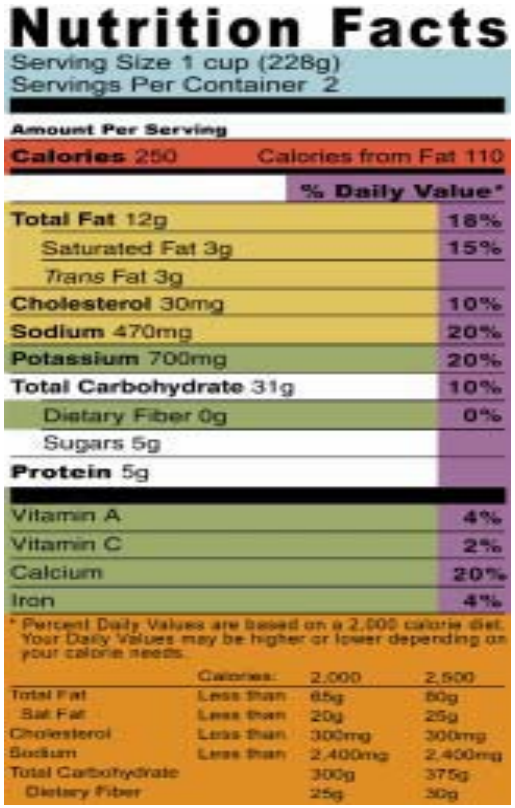
Choose sensibly

- Use vegetable oil instead of butter and hard margarines.
- Choose fat-free or low-fat milk products, and lean meats and chicken. Eat cooked dry beans and peas and fish more often.
- Use the Nutrition Facts Label to help choose foods lower in total fat—especially saturated fat, trans-fats, cholesterol and sodium.
- Limit the amount of drinks and foods that are high in sugar.
- To lower the amount of salt, prepare foods with less salt or salty flavorings.

- If you choose to drink alcoholic beverages, limit alcohol to one drink a day for women or two a day for men.

CHOOSE SENSIBLE PORTION SIZES

- If you're eating out, order small portions, share with a friend, or take part of the food home (if you can chill it right away).



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Check food labels to see how many serving sizes that food contains. Many foods sold as single portions have 2 or more servings—such as a 20-ounce soda, a 12-ounce steak, a 3-ounce bag of chips, or a large bagel.
- Limit portion size of foods high in calories, such as cookies, cakes, other sweets, French fries, and fats, oils, and spreads.

KEEP FOOD SAFE TO EAT

- Wash hands, tables, and countertops often.
- Separate raw, cooked, and ready-to-eat foods while food shopping, preparing, and storing.

- Cook foods thoroughly.
- Refrigerate perishable foods right away.
- Check and follow the instructions label.
- When in doubt, throw it out.

HOW MUCH FAT CAN I HAVE?

Total Calories a Day	Saturated Fat (in grams)	Total Fat (in grams)
1,600	18 or less	53
2,000*	20 or less	65
2,200	24 or less	73
2,500*	25 or less	80
2,800	31 or less	93

**Percent Daily Values on Nutrition Facts Labels are based on a 2,000-calorie diet. Values for 2,000 and 2,500 calories are rounded to the nearest 5 grams to be consistent with the Nutrition Facts Label.

Source: Dietary Guidelines for Americans, 2005. (www.health.gov)

COMPARE SATURATED FAT IN REGULAR-FAT AND LOW-FAT* FOODS

Food Category	Saturated Fat Content (in grams)	
Cheese—1 oz.	Regular Cheddar cheese = 6.0 g	Low-fat Cheddar cheese = 1.2 g
Ground Beef—3 oz., cooked	Regular ground beef = 7. 2 g	Extra lean ground beef = 5.3 g
Milk—1 cup	Whole milk = 5.1 g	Low-fat (1%) milk = 1.6 g
Breads—1 medium size	Croissant = 6.6 g	Bagel = 0.1 g
Frozen Desserts—1/2 cup	Regular ice cream = 4.5 g	Frozen yogurt = 2.5 g
Table spreads—1 tsp.	Butter = 2.4 g	Soft margarine = 0.7 g

*Choice that has less saturated fat.

NOTE: The food categories listed are among the major food sources of saturated fat for U.S. adults and children.

For more information, contact:

Food and Nutrition Information Center
U.S. Department of Agriculture
Phone: (301) 504-5719

MetroPlus Health Plan's Care Management
Phone: 1-800-579-9798

The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your doctor may recommend based on individual facts about you.
Source: Based on the 2005 Dietary Guidelines for Americans, jointly released by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services

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