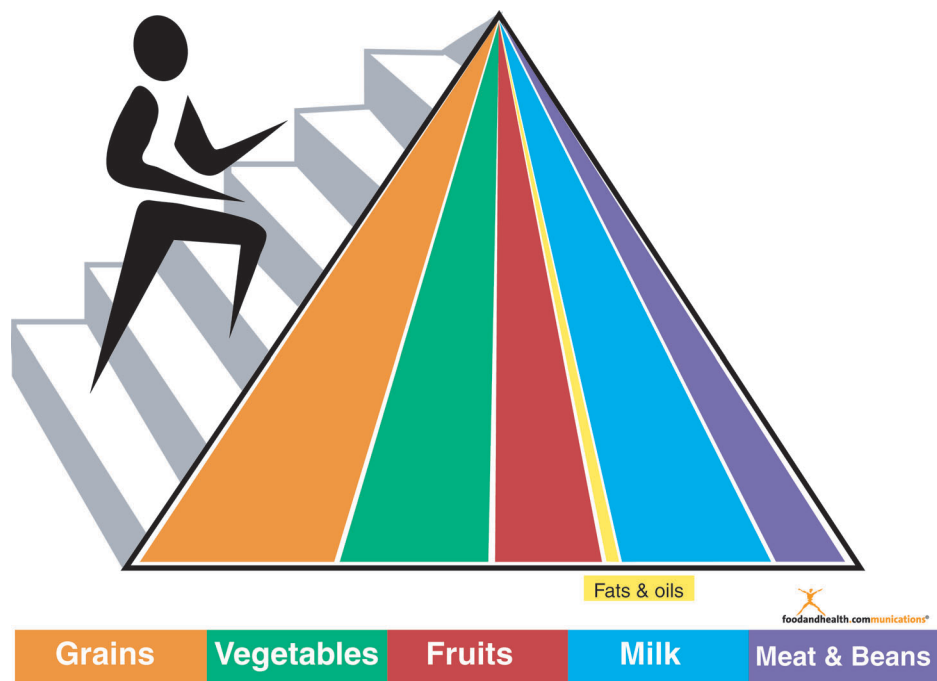


Step Up to Nutrition and Health



Take the steps towards better nutrition and health. It is never too late to make a change for the better. Make smart choices at every meal and do something each day to be more active. Here are the food groups that get you the right nutrients each day:

GRAINS - Did you know that at least half or about 3 of the servings of grains you eat each day should be whole grains? Whole grains include all parts of the grain kernel - the germ, bran and endosperm - not just the white flour that is in most foods today. Oatmeal, brown rice, barley, and 100% whole wheat products are a few examples of whole grains.

VEGETABLES - Most people do not eat enough vegetables or enough of the dark green or orange veggies. If you can eat one large salad at lunch plus a few vegetables at dinner and for snacks, you are stepping in the right direction!

FRUITS - Think fresh whole fruit and get a variety each day. Start with breakfast and end with dessert. Take a fruit with you for snacking, too.

MILK - Most people need to drink about 3 glasses of skim milk each day or get the equivalent with yogurt. Dairy foods that are low in sodium and fat, yet high in calcium are the right choice.

Brought to you by:

MEAT/BEANS - If you are like most Americans, you probably get more than enough protein; you just don't get enough variety or keep it low in saturated fat. Start including beans/legumes, fish and nuts a little more, especially if these can be in place of meat.

STEP MORE, SIT LESS - Being more active and less sedentary helps you control weight and lower your risk for many chronic diseases. Did you know that cleaning the house instead of watching TV burns twice the calories? In addition to being more active, try to get about 30-60 minutes of exercise, like brisk walking, each day.

FMI:

Visit www.mypyramid.gov to obtain more information about MyPyramid and to find out what is right for you based on your sex, age and activity level. *Step Up to Nutrition and Health* is the 2006 slogan for National Nutrition Month® from the American Dietetic Association.

My Health Check List:

- ___ Cook and eat more meals at home
- ___ Consume fewer sugary foods and drinks
- ___ Eat more salads and vegetables
- ___ Drink 3 cups skim milk daily
- ___ Eat more fruit, especially whole fruit
- ___ Get a variety of heart healthy protein
- ___ Eat at least 3 ounces of whole grains per day
- ___ Exercise every day for 30-60 minutes