

STEPS TO A HEALTHIER YOU

Be active most days for 30 minutes or more



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Grains

Make half your grains whole grains

- eat at least 3 ounces of whole grains a day

Get about 6 ounces of grains per day.*

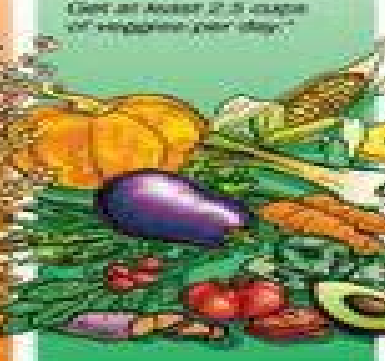


Vegetables

Vary your veggies:

- eat more dark green
- eat more orange
- eat more dried peas and beans (legumes)

Get at least 2-3 cups of veggies per day.*

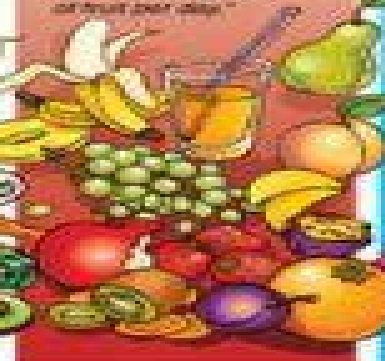


Fruits

Focus on fruit

- eat a variety of fruit
- go easy on the juice and sweets with added sugars

Get at least 2 cups of fruit per day.*



Milk

Get your calcium-rich foods

- choose low-fat or fat-free dairy products or other calcium-rich foods

Get about 3 cups of skim milk or fat-free yogurt per day.*

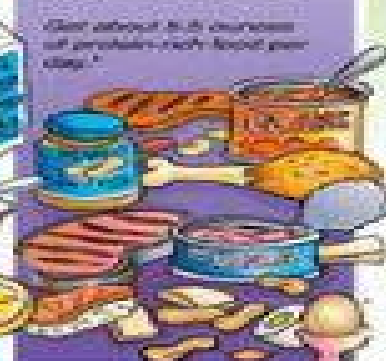


Meat & Beans

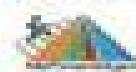
Go lean on protein

- eat more fish, legumes, nuts and seeds
- use lean cuts of meat and white poultry
- prepare with little fat

Get about 4-6 ounces of protein-rich food per day.*



*These amounts are for persons requiring a 2,600-calorie diet. Visit mypyramid.gov for a personal plan according to age, sex and activity level.



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M Tight



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