

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.*

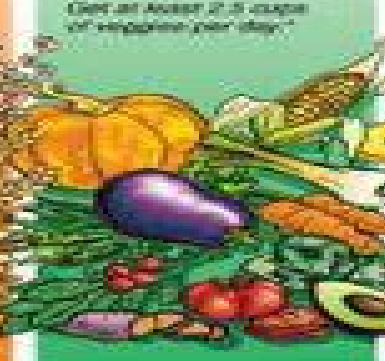


Vegetables

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.*

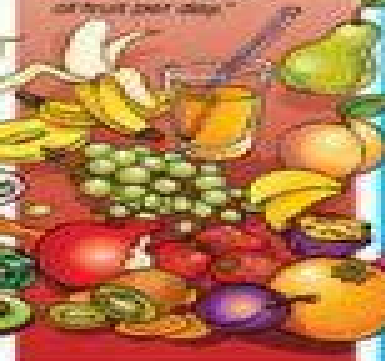


Fruits

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.*

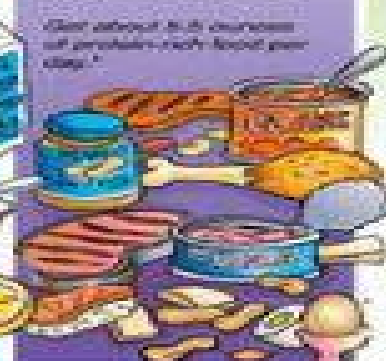


Meat & Beans

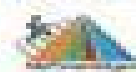
Go lean on protein

- 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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Xiaolong Qi



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1. Understanding the eBook Nutrition Applappr W 2 Cds My Pyramid
 - The Rise of Digital Reading Nutrition Applappr W 2 Cds My Pyramid
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Applappr W 2 Cds My Pyramid
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Applappr W 2 Cds My Pyramid
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Applappr W 2 Cds My Pyramid
 - Personalized Recommendations

- Nutrition Applappr W 2 Cds My Pyramid User Reviews and Ratings
- Nutrition Applappr W 2 Cds My Pyramid and Bestseller Lists
- 5. Accessing Nutrition Applappr W 2 Cds My Pyramid Free and Paid eBooks
 - Nutrition Applappr W 2 Cds My Pyramid Public Domain eBooks
 - Nutrition Applappr W 2 Cds My Pyramid eBook Subscription Services
 - Nutrition Applappr W 2 Cds My Pyramid Budget-Friendly Options
- 6. Navigating Nutrition Applappr W 2 Cds My Pyramid eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Applappr W 2 Cds My Pyramid Compatibility with Devices
 - Nutrition Applappr W 2 Cds My Pyramid Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Applappr W 2 Cds My Pyramid
 - Highlighting and Note-Taking Nutrition Applappr W 2 Cds My Pyramid
 - Interactive Elements Nutrition Applappr W 2 Cds My Pyramid
- 8. Staying Engaged with Nutrition Applappr W 2 Cds My Pyramid
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Applappr W 2 Cds My Pyramid
- 9. Balancing eBooks and Physical Books Nutrition Applappr W 2 Cds My Pyramid
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Applappr W 2 Cds My Pyramid
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition Applappr W 2 Cds My Pyramid
 - Setting Reading Goals Nutrition Applappr W 2 Cds My Pyramid
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition Applappr W 2 Cds My Pyramid
 - Fact-Checking eBook Content of Nutrition Applappr W 2 Cds My Pyramid

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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