

Making Smart Food Choices

Regular physical activity and a healthy diet go hand in hand. Go4Life points you to wise food choices important for good health: eat a variety of healthy foods, fill up half of your plate with fruits and vegetables, and limit solid fats and added sugars.

The Dietary Guidelines for Americans suggest you:

- Try to choose grain products made from whole grains.
- Vary your veggies. Brighten your plate with vegetables that are red, orange, and dark green.
- Eat more fruit. Try some you haven't eaten before.
- Choose lean meats, poultry, seafood, beans, eggs, and nuts.
- Choose low-fat or fat-free dairy products.
- Get plenty of fluids each day such as water, fat-free or low-fat milk, and low-sodium broth-based soups.
- Limit saturated fats, trans fats, cholesterol, salt, and added sugars.

Some tips to help you get started:

- Breakfast is a good time to enjoy foods with fiber. Try unsweetened, whole-grain, or bran cereals and add fruit such as berries and bananas.
- Snack on unpeeled apples, pears, and peaches. Don't forget to rinse them before eating.
- Season foods with lemon juice, herbs, or spices.
- Broil, roast, bake, steam, microwave, or boil foods instead of frying.
- Use oils instead of solid fats, like butter, when cooking.
- Read *What's On Your Plate?*, the National Institute on Aging guide to healthy eating. Order your free copy at www.nia.nih.gov.



Quick Tip

To maintain a healthy weight, balance the calories you take in from food and beverages with the calories burned through physical activity.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.

