

## food that fits YOUR LIFE<sup>SM</sup>

From the salad bar to the entrée station, try to make these healthy food choices part of your everyday life.




your **FOOD**  
your **STYLE**  
your **LIFE<sup>SM</sup>**

### A healthier diet is just the beginning...

Becoming a healthier you isn't just about what you eat. It's also about what you do.

Regular activity is important for your overall health and fitness. It also helps control body weight by balancing the calories you eat or drink with the calories you use every day.

Experts recommend that you:

-  Try to be physically active for at least 2½ hours each week (30 minutes most days of the week).
-  If you are trying to control or reduce your weight, increase either the amount of time that you are active or the intensity of your activity. About 60 minutes of exercise a day may be needed to prevent weight gain depending on how many calories you consume.
-  There is a right number of calories for you each day. This number depends on your age, activity level, and whether you're trying to maintain or lose weight.

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Making  
**HEALTHY**  
choices  
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## Healthy Lifestyle Ideas



Select healthier foods that fit your life:

### What is a HEALTHY Diet?

What kinds of food should you eat?

How many calories are right for you?

What changes should you make to lead a healthier lifestyle?   There's no single answer to these important questions because we're all different. Every one of us is unique. Our body types, activity levels, food preferences, nutrition concerns and health profiles are as individual as our personalities.

 The most important thing about “a healthy diet” is that it fits your life and that your meals are filled with fresh, flavorful, satisfying foods that you love, prepared in ways that make good-for-you seem right-for-you. 



#### Lead with Fruits and Vegetables

Eat a variety of colorful fruits and vegetables – fresh, frozen, canned or dried. It's easy to get your nine servings when they fill half your plate at each meal.



#### Know your Fats

Watch your total fat intake — aim for less than around 65 grams a day. Look for foods low in saturated (solid) fats, trans fats and cholesterol.



#### Watch your Salt and Sugar

Don't overdo foods and drinks with added salt (sodium) and sugars. Healthy people should not have more than 2,300 mg of sodium a day (that's about 1 teaspoon of salt).



And try to include no more than 100 to 150 calories from added sugars. That's the calories in about six to nine teaspoons of sugar, which sounds like a lot, but is less than the sugar you get from one 20 ounce bottle of sweetened beverage.



#### Get Calcium Rich

Three servings of low fat or fat free milk, cheese or yogurt are recommended. Calcium fortified foods or drinks can help you meet your goal.



#### Get the Whole Grain

Choose whole grain cereals, breads, crackers, rice or pasta. Try to make at least half your grains *whole grains*.



#### Go Lean with Protein

Choose lean meats, fish, and poultry. Include more beans, peas, nuts and seeds in your diet.

Look for more HEALTHY FOR LIFE™ nutrition & wellness information and healthy lifestyle ideas.