

Healthful Eating for Your Family

Healthy eating is important to you. After all, you want your family to have energy, be healthy, and stay well. You want your child to grow properly. You control your family's food choices more than you may think.

Guidelines ... For Your Family's Health!

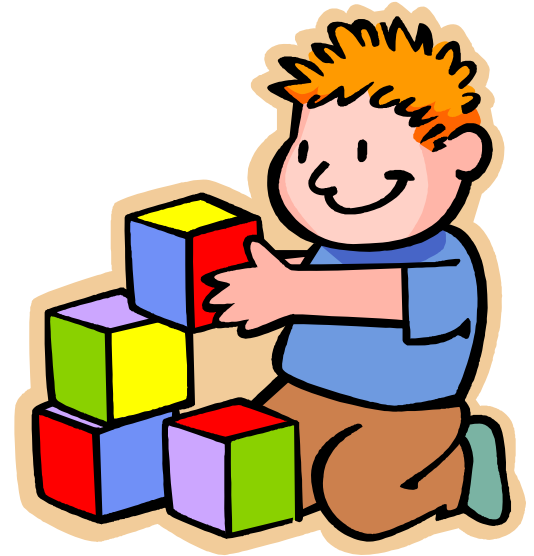
The Dietary Guidelines for Americans can be your family's guide to smart eating and active living. This advice is meant for anyone in your family, ages two and over.

Make smart choices from every food group

- Follow a healthy eating plan that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Choose food low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- If you drink alcoholic beverages, do so in moderation. Pregnant women should not drink alcoholic beverages.



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Find your balance between food and physical activity

- Balance calories from food and beverages with calories expended.
- Be physically active for at least thirty minutes most days of the week.

Get the most nutrition out of your calories

- Eat a variety of nutrient dense foods.
- Make at least half of the total grains eaten whole grains.
- Eat the recommended amounts of fruits and vegetables and choose a variety each day.
- Keep food safe to eat.

For more about *The Dietary Guidelines for Americans*, check this website:
www.cnpp.usda.gov