

Dietary Guidelines for Americans Notes (Key)

Complete the handout with key points from the Dietary Guidelines for Americans brochure.

Build a healthy plate

Make half your plate fruits and vegetables

Switch to skim or 1% milk

Make at least half your grains whole

Vary your protein food choices

Cut back on foods high in solid fats, added sugars and salt

Choose foods and drinks with little or no added sugars

Look out for salt (sodium) in foods you buy - it all adds up

Eat few foods that are high in solid fats

Eat the right amount of calories for you

Enjoy your food but eat less

Cook more often at home, where you are in control of what's in your food

When eating out, choose lower calorie menu options

Write down what you eat to keep track of how much you eat

If you drink alcoholic beverages, do so sensibly

Be physically active your way

Pick activities that you like and start by doing when you can, at least 10 minutes at a time

Every bit adds up and the health benefits increase as you spend more time being active