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| 1. Keep visible reminders: Keep a bowl of whole fruit on the table, counter, or in the refrigerator. | 2. Think about taste: Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe. |
| 3. Think about variety: Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand. | 4. Don't forget the fiber: Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides. |
| 5. Be a good role model: Set a good example for children by eating fruit every day with meals or as snacks. | 6. Include fruit at breakfast: At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt. |
| 7. Try fruit at lunch: At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient. | 8. Experiment with fruit at dinner, too. At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. |
| 9. Snack on fruits: Dried fruits make great snacks. They are easy to carry and store well. | 10. Keep fruits safe: Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel. |
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| <p>1. Make your garden salad glow with color: Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.</p> | <p>2. Sip on some vegetable soup: Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.</p> |
| <p>3. While you're out: If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.</p> | <p>4. Savor the flavor of seasonal vegetables: Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.</p> |
| <p>5. Try something new: You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.</p> | <p>6. Discover fast ways to cook: Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.</p> |
| <p>7. Be ahead of the game: Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.</p> | <p>8. Choose vegetables rich in color: Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.</p> |
| <p>9. Check the freezer aisle: Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.</p> | <p>10. Stock up on veggies: Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."</p> |

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| 1. Ingredient switches: When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese. | 2. Choose sweet dairy foods with care: Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories. |
| 3. Caffeinating? If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk. | 4. Can't drink milk? If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. |
| 5. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic. | 6. "Skim" the fat: Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients. |
| 7. Boost potassium and vitamin D, and cut sodium. Choose fat-free or low-fat milk or yogurt more often than cheese: Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D. | 8. Top off your meals: Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream. |
| 9. Choose cheeses with less fat: Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like. | 10. What about cream cheese? Regular cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium. |
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| 1. Nuts and seeds: Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check. | 2. Keep it tasty and healthy: Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories. |
| 3. Make a healthy sandwich: Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only. | 4. Think small when it comes to meat portions: Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a “petite” size steak. |
| 5. Check the sodium: Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. | 6. Vary your protein food choices: Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood. |
| 7. Choose seafood twice a week: Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring. | 8. Make meat and poultry lean or low fat: Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin. |
| 9. Have an egg: One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want. | 10. Eat plant protein foods more often: Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber. |
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| 1. Make simple switches: To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice. | 2. Whole grains can be healthy snacks: Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers. |
| 3. Save some time: Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish. | 4. Mix it up with whole grains: Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf. |
| 5. Try whole-wheat versions: For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese. | 6. Bake up some whole-grain goodness: Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise. |
| 7. Be a good role model for children: Set a good example for children by serving and eating whole grains every day with meals or as snacks. | 8. Check the label for fiber: Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more. |
| 9. Know what to look for on the ingredients list: Read the ingredients list and choose products that name a wholegrain ingredient first on the list. Look for "whole wheat," "brown rice," "bulgur," "oatmeal," "whole oats," "whole rye," or "wild rice." | 10. Be a smart shopper: The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain any whole grain. |