

PHYSICAL ACTIVITY

Be physically active for at least 30 minutes most days of the week.



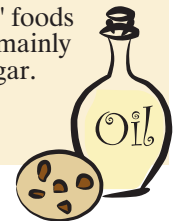
Use MyPyramid to Make Healthy Choices

For additional resources, visit dairycouncilofca.org and mealsmatter.org



OILS & EXTRAS

Make most of your fat choices from fish, nuts and vegetable oils. Limit your intake of "extra" foods that are mainly fat or sugar.



GRAINS	VEGETABLES	FRUITS	MILK & MILK PRODUCTS	MEATS & BEANS
<p>6 oz. every day*</p> <p>1 oz. = 1 slice bread, 1 cup dry cereal, or 1/2 cup rice or pasta</p>	<p>2 1/2 cups every day*</p> <p>Choose dark green, orange and starchy vegetables as well as dry beans and peas</p>	<p>2 cups every day*</p> <p>Vary between fresh, frozen or canned without added sugar</p>	<p>3 cups every day*</p> <p>2 cups for kids aged 2-8</p> <p>1 cup = 1 1/2 oz. hard cheese, 2 oz. processed cheese</p>	<p>5 1/2 oz. every day*</p> <p>1 oz. = 1 oz. meat, fish or poultry, 1 Tbsp. peanut butter, 1/2 oz. nuts, 1/4 cup dry beans</p>
<p>Make at least half of your grains whole grains</p>	<p>Try to vary your vegetable choices each day</p>	<p>Make most choices whole fruit</p>	<p>Choose fat-free or low-fat most often when you choose milk, yogurt and other milk products</p>	<p>Choose lean meat and poultry. Vary your choices - more fish, beans, nuts and seeds</p>

*Recommended amounts based on a 2,000 calorie diet

Enjoy a Healthy Lifestyle

Tips for following the 2005 Dietary Guidelines for Americans

The new 2005 Dietary Guidelines are the blueprint for a healthy lifestyle. Reducing calories, making wiser food choices and exercising more are the keys.

Specifically, you should:

- Eat more nutrient-packed foods like low-fat or nonfat dairy foods, fruits and vegetables, and whole grains
- Be physically active for at least 30 minutes most days of the week

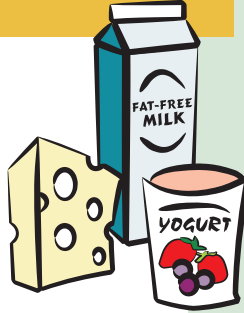
Low-fat or Nonfat Dairy

3 cups daily

1 cup = 1 cup of low-fat/nonfat milk or yogurt,
1 1/2 ounces of low-fat or nonfat cheese

Tips:

- Enjoy a latte by adding a cup of milk to espresso or strong coffee
- Add a slice of cheese to a sandwich
- Stock up on string cheese and yogurts for lunches and snacks
- Start your day with dairy: whole-grain cereal and milk or fruit and yogurt
- Make a smoothie with a cup of yogurt, your favorite fruit and ice



Fruits and Vegetables

4 1/2 cup fruits/vegetables

1 cup = 1 cup fruits/vegetables,
1 large apple, 2 cups leafy salad greens

Tips:

- Spruce up a sandwich by adding grated carrots
- Add a serving of broccoli or steamed vegetables at dinner
- When eating out, swap french fries for a serving of plain vegetables or a salad – even fast food restaurants now offer this!
- Enjoy vegetable sticks with low-fat yogurt dip, cottage cheese or hummus



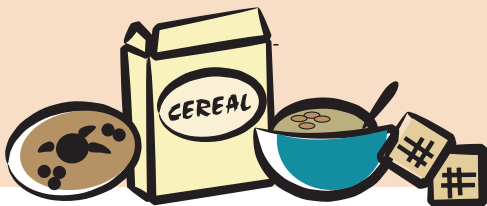
Whole Grains

At least 3 ounces whole grains

1 ounce = 1 slice of whole-grain bread,
1 cup whole-grain cereal, 1/2 cup of cooked brown rice or whole-wheat pasta

Tips:

- Choose whole-grain breakfast cereal
- Use whole-grain bread or a roll for your sandwich
- Stock your pantry with brown rice and low-fat, whole-grain crackers
- Put some crunch in your yogurt by adding a whole-grain cereal or granola



Ways to Get Moving

Find a balance between food and physical activity. Be physically active 30 minutes most days for overall good health, 60 minutes to prevent weight gain.

Tips:

- Take the stairs instead of the elevator
- Ride a stationary bike while you watch TV
- Walk around the block on your lunch hour or during a break
- Walk while doing errands
- Take dance lessons or an aerobics class
- Buy an exercise or yoga video (and use it)

