

## EAT HEALTHY YOUR WAY

# Making Healthy Eating Part of Your Total Lifestyle

**Short on time? Try these tips for making healthier meals...fast!**



### See how it worked for Dwayne Davis

"My doctor said I needed to eat better to help me stay healthier longer. But I wasn't sure where to start after years of eating whatever I wanted. Then she told me how it really isn't about going on a diet at all—but a way of life. The bottom line is **to eat healthy most of the time**.

"I stopped thinking of foods as either 'all good' or 'all bad.' 'First, I focused on all five food groups including fruits, vegetables, grains, protein foods, and dairy to get all the nutrients I need. Then, I used the food label to check that my choices aren't too high in added sugars, sodium, or saturated fats—and chose the healthier option.

"I didn't eat much fast food, but when I did, I picked the smaller and lower calorie menu items."

**I committed to make a change.** "I was ready. So I challenged myself to make new small changes to what I ate and drank each week for a month. If I could do that, then I knew I was on my way to following a healthy eating pattern for life."

—Dwayne—

#### ***Dwayne's Week 1:***

##### ***Add more vegetables and fruits!***

"Adding vegetables was easier than I thought. I started by trying new vegetables and found that I actually like spinach, cauliflower, and split peas, which I never thought I did! Half of a sweet potato cooked in the microwave makes a sweet and healthy snack. For dessert, I replaced my usual cookies at lunch with a piece of fresh fruit."

#### ***Dwayne's Week 2:***

##### ***Bring on the whole grains!***

"Eating 100% whole-wheat bread took some getting used to, but now I really like the taste. Since most of us don't get enough fiber, I look for breads that are higher in fiber. I even prefer other whole grains like brown rice over white rice and choose whole-grain pasta over the kind I used to use."

**For more information,** visit [healthfinder.gov](https://healthfinder.gov).



#### **Ready to try more vegetables?**

Go for all types to get the most nutrients — dark green (broccoli, spinach, Romaine lettuce), red and orange (sweet potatoes, carrots, tomato juice), legumes (pinto, black, or kidney beans; split peas or lentils; edamame), starchy (corn, green peas, plantains), and other vegetables (onions, iceberg lettuce, green beans).



#### **Want to eat whole grains too?**

Good choices include 100% whole-wheat pastas, breads, and tortillas. Try rolled oats, popcorn, and brown rice too. Read labels. Look for the words "100% whole wheat" or "100% whole grain" on the package.



## SMALL CHANGES CAN MAKE A BIG DIFFERENCE

### *Dwayne's Week 3:*

#### ***Cut back on salt (sodium) and sugar***

"Once I started reading labels, I was surprised at how much sodium is in packaged foods. High blood pressure runs in my family and cutting back on salt makes a lot of sense health-wise. And sugar? I stopped drinking my daily super-sized 64-ounce soft drink. Turned out the drink had 800 calories—about half of what many people need for the whole day!"

### *Dwayne's Week 4: Put it all together for a successful healthy eating pattern*

"By making small changes over time I was beginning to follow a healthy food plan I knew I could stick to. And you know what? I felt better and I also lost weight."

The Dietary Guidelines suggests eating a variety of foods that give you what your body needs for good health. No food is forbidden—the key is to make far more choices that support a healthy eating pattern and fewer choices that don't.

### **The bottom line?**

Watch how much you have of each food or drink. For more about portions and serving sizes, visit [www.niddk.nih.gov/health-information/health-topics/weight-control/just-enough/Pages/just-enough-for-you.aspx](http://www.niddk.nih.gov/health-information/health-topics/weight-control/just-enough/Pages/just-enough-for-you.aspx)

#### **Include these foods in your food plan:**

- Vegetables—a variety of dark green, red and orange, legumes (beans and peas), starchy, and other vegetables
- Fruits—especially whole fruits
- Grains—at least half of which are whole grains
- Fat-free or low-fat dairy—including milk, yogurt, cheese, and/or fortified soy beverages
- Protein foods—a variety of seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products

### ***Now that you've read Dwayne's story . . .***

What tips will you try as you follow a healthy total diet?

Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) for online tools, recipes, and more.

#### **Looking to lower your sodium?**

Eat less of these salty foods: pickles, soy sauce, hot dogs, lunch meats, chips, and pretzels. Look for the words "low sodium" or "no salt added" on canned vegetables, vegetable juices,



#### **Ready to eat less added sugars?**

Added sugars contribute calories, but no essential nutrients. Cut back on calories from added sugars. Look for added sugars on the Nutrition Facts label and make choices with little or no added sugars. Eat fruits instead of sugary desserts. Swap sugary cereals for unsweetened cereals and add your own fruit on top. Drink water or other drinks without added sugars instead of sugary sodas.



Food experts suggest eating a **variety of foods** that give you what your body needs for good health. No food is forbidden—the key is to eat far more of the foods that are good for you and less of the foods that aren't.





**DIETARY  
GUIDELINES  
FOR AMERICANS  
2015-2020  
EIGHTH EDITION**

# How to Build a Healthy Eating Pattern

**There are many different ways to eat healthy. You can eat healthy in a way that works for you and your family. Healthy eating can fit all tastes and traditions — and can be affordable, too.**

The key is to build a healthy eating pattern, which means choosing a variety of nutritious foods in the right amounts for you — and making these choices part of your everyday routine.

Follow these tips — based on the *2015–2020 Dietary Guidelines for Americans* — for making choices that can help you reach or keep a healthy body weight, get the nutrients you need, and lower your risk of health problems like heart disease, type 2 diabetes, and some types of cancers.

## Get a variety of nutritious foods and beverages.

Eating a variety of foods and beverages is important. It helps you get the range of nutrients you need to be healthy.

- **Eat a mix of foods across all food groups.**

Choose foods and beverages from all food groups — vegetables, fruits, grains, dairy, and proteins — not just 1 or 2 of them.



Vegetables



Fat-free and low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages



Fruits, especially whole fruits



Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products



Grains, especially whole grains

- **Eat a mix of foods within each food group.**

For example, each week try eating several types of vegetables, including dark green, red and orange, starchy ones, legumes, and others. Switch up the protein foods you eat, too — for example, consider fish, black beans, and peanut butter, not just lean meats and poultry.

## Try to eat and drink the right amounts for you.

How many calories you need to eat depends on your age, sex, height, weight, and how active you are. Use the MyPlate Daily Checklist at [www.choosemyplate.gov/calculator](http://www.choosemyplate.gov/calculator) to find a plan that is right for you.

## Limit foods and beverages higher in saturated fats, added sugars, and sodium.

Aim to get:

- **Less than 10% of calories each day from saturated fats**

Foods higher in saturated fats include butter, cheese, whole milk, meats higher in fat (like beef ribs, sausage, and some processed meats), poultry skin, and tropical oils like coconut and palm oil. Instead, go for foods with unsaturated fats — like seafood, avocados, most nuts, and canola or olive oil.

- **Less than 10% of calories each day from added sugars**

Added sugars are syrups or other sweeteners with calories that are added to foods and drinks when they're being made or prepared. Stick mostly to foods and drinks with naturally occurring sugars — like ones in unflavored milk and fruits — or no sugar at all. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, brownies, and candy.

- **Less than 2,300 milligrams of sodium each day for adults and children ages 14 and up (less for younger children)**

Sodium comes from table salt — but most of the sodium we eat comes from foods that are packaged or served in restaurants. When buying foods in the store, check the Nutrition Facts label and choose the option with the lowest amount of sodium. To cut down on sodium, cook more at home or ask not to have salt added to your meal when eating out.

### Small changes = big benefits

Small *shifts* in your daily eating habits can improve your health over the long run. For example, try swapping out white bread for whole-wheat bread and reach for a handful of nuts instead of potato chips.



## Stick with it.

A lifetime of healthy eating can help prevent health problems like obesity, heart disease, type 2 diabetes, and some types of cancer. Think of every day and meal as an opportunity to make a healthy choice.

Want to learn more about how to find a healthy eating pattern that works for you?

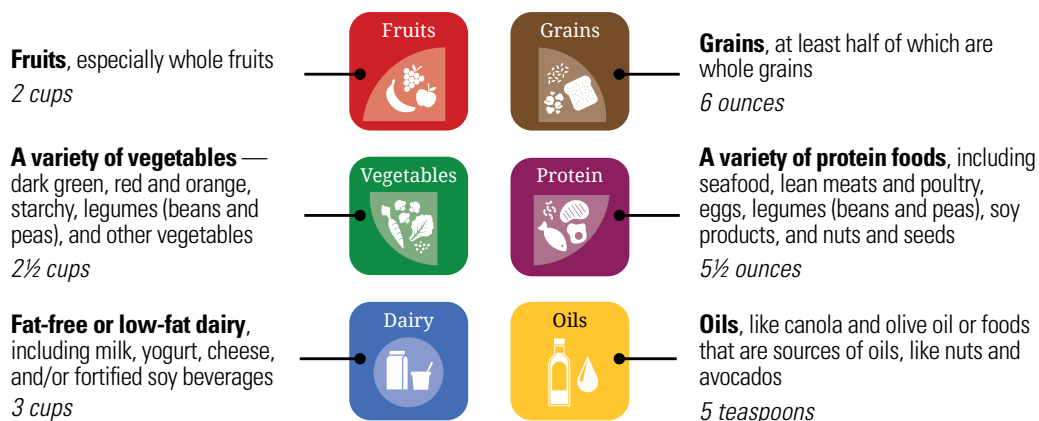
Check out [DietaryGuidelines.gov](http://DietaryGuidelines.gov) for more information on the *Dietary Guidelines* and find recipes for healthy meals at [www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/).



## What's in a Healthy Eating Pattern?

The 2015–2020 *Dietary Guidelines* has recommendations for a healthy eating pattern.

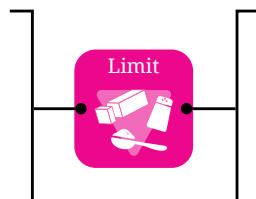
For someone who needs 2,000 calories a day, a healthy eating pattern includes:



And it has limits on:

**Saturated and trans fats** — limit saturated fats to less than 10% of daily calories and keep *trans* fat intake as low as possible

**Added sugars** — limit to less than 10% of daily calories



**Sodium** — limit to less than 2,300 mg a day for adults and children 14 years and up (less for younger children)

A variety of meals and snacks can fit within healthy eating patterns. Many meals have several food groups within one dish. Check out these examples.

### Taco salad



- |                                |   |   |                                   |
|--------------------------------|---|---|-----------------------------------|
| ½ cup avocado                  |  |  | 2 ounces tortilla chips           |
| 1 tsp lime juice               |   |   |                                   |
| 1 cup chopped lettuce          |  |  | 2 ounces cooked ground turkey     |
| 2 Tbsp salsa                   |   |   |                                   |
| ½ ounce low-fat cheddar cheese |  |  | 2 tsp corn oil for cooking turkey |


### Tofu-vegetable stir-fry



- |   |   |   |  |
|---|---|---|--|
| ¼ cup pineapple                           |  |  | 1 cup cooked brown rice (2 ounces dry) |
| ½ cup chopped Chinese cabbage             |   |   |  |
| ¼ cup sliced bamboo shoots                |  |  | 4 ounces firm tofu                     |
| ¼ cup chopped sweet red and green peppers |   |   |  |
| 1 cup fortified soy beverage              |  |  | 1 Tbsp canola oil for cooking stir-fry |

### Tuna salad sandwich

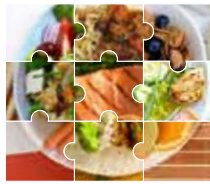


- |                        |   |   |                            |
|------------------------|---|---|----------------------------|
| 1 medium peach         |  |  | 2 slices whole-wheat bread |
| 1 Tbsp chopped celery  |   |   |                            |
| ½ cup shredded lettuce |  |  | 2 ounces canned tuna       |
| 1 cup fat-free milk    |  |  | 1 Tbsp mayonnaise          |



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April 2017



**DIETARY  
GUIDELINES  
FOR AMERICANS  
2015-2020  
EIGHTH EDITION**

# Shift to Healthier Food & Beverage Choices

Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either. **The 2015–2020 Dietary Guidelines has a better approach—make small shifts in the foods you eat. Here's how to do it.**

## What Are Healthy *Shifts*?

It's simple. When you can, **swap out a food or ingredient for a healthier option**. For example, you could:



**Shift from whole milk to low-fat milk in your breakfast cereal**



**Shift from soda with added sugars to water during lunch**



**Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner**

## How Will Making *Shifts* Help?

- Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
- Shifting to healthier choices doesn't mean you have to change your whole eating pattern. Shifts can be easier to stick with over time—you're just making small changes to the way you're already eating.

About half of all American adults have one or more chronic diseases—and they're often related to eating a poor quality diet.

## Make *Shifts* Throughout the Day

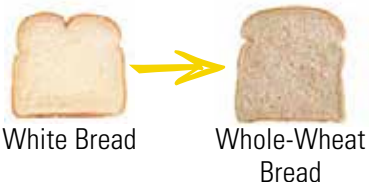
You have a chance to make a healthier choice whenever you:

- Open your fridge for a snack
- Shop in the grocery store
- Stand at a vending machine
- Pack a lunch
- Look at a menu in a restaurant
- Cook a favorite recipe

Take advantage of these everyday opportunities to make a shift. Everything you eat and drink matters. Over time, little changes in the foods and drinks you choose can have big health benefits.

## Try Out These *Shifts*

The *Dietary Guidelines* has key recommendations for how we can all improve our eating patterns. The shifts below will help you stay on track.



### How to Eat More Whole Grains:

- Choose whole-wheat bread instead of white
- Have popcorn for a snack instead of potato chips (just leave out the butter)



### How to Cut Down on Saturated Fats:

- Twice a week, have seafood instead of fatty cuts of meat for dinner
- When you're making chili or stew, reduce the amount of meat and add more beans and vegetables



### How to Cut Down on Added Sugars:

- Give your kids 100% juice or water instead of fruit punch
- Have a homemade fruit smoothie instead of ice cream



### How to Cut Down on Sodium (Salt):

- Switch to unsalted nuts
- Shift from regular canned soups to low-sodium



### How to Use Oils Instead of Solid Fats:

- Dip your whole-wheat bread in olive oil instead of spreading on butter
- Choose an oil-based salad dressing instead of cream-based

## What *Shift* Will You Make Today?

Want to learn more about shifts and how to find a healthy eating pattern that works for your family? Check out [ChooseMyPlate.gov](http://ChooseMyPlate.gov), which has more information from the *Dietary Guidelines*, online tools, recipes, and more.

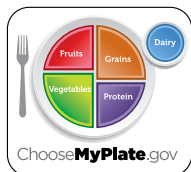


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2015-2020 Dietary Guidelines for Americans — **Shift** to Healthier Food & Beverage Choices — Page 2  
March, 2016



United States Department of Agriculture








# MyPlate Daily Checklist

## Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“**MyWins**”—to make healthier choices you can enjoy.

### Food Group Amounts for 2,000 Calories a Day

				
2 cups	2 1/2 cups	6 ounces	5 1/2 ounces	3 cups
<p><b>Focus on whole fruits</b></p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p><b>Vary your veggies</b></p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p><b>Make half your grains whole grains</b></p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p><b>Vary your protein routine</b></p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p><b>Move to low-fat or fat-free milk or yogurt</b></p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **22 grams** a day.
- Added sugars to **50 grams** a day.

**Be active your way:** Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

**Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.**

[SuperTracker.usda.gov](http://SuperTracker.usda.gov)



# MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,000 calorie\* pattern are:

Write your food choices for each food group

Did you reach your target?



## 2 cups

- 1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
  - 1/2 cup dried fruit; or
  - 1 cup 100% fruit juice.


☐ Y

☐ N



## 2 1/2 cups

- 1 cup vegetables counts as
- 1 cup raw or cooked vegetables; or
  - 2 cups leafy salad greens; or
  - 1 cup 100% vegetable juice.


☐ Y

☐ N



## 6 ounce equivalents

- 1 ounce of grains counts as
- 1 slice bread; or
  - 1 ounce ready-to-eat cereal; or
  - 1/2 cup cooked rice, pasta, or cereal.


☐ Y

☐ N



## 5 1/2 ounce equivalents

- 1 ounce of protein counts as
- 1 ounce lean meat, poultry, or seafood; or
  - 1 egg; or
  - 1 Tbsp peanut butter; or
  - 1/4 cup cooked beans or peas; or
  - 1/2 ounce nuts or seeds.


☐ Y

☐ N



## 3 cups

- 1 cup of dairy counts as
- 1 cup milk; or
  - 1 cup yogurt; or
  - 1 cup fortified soy beverage; or
  - 1 1/2 ounces natural cheese or 2 ounces processed cheese.


☐ Y

☐ N



## Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **22 grams** a day.
- Added sugars to **50 grams** a day.

☐ Y

☐ N



## Activity

## Be active your way:

### Adults:

- Be physically active at least **2 1/2 hours** per week.

### Children 6 to 17 years old:

- Move at least **60 minutes** every day.

☐ Y

☐ N

\* This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.



## Track your MyPlate, MyWins


Center for Nutrition Policy and Promotion

January 2016

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## Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!



### Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

### Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

### Calories

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

As a general rule:

**100 calories** per serving is **moderate**  
**400 calories** per serving is **high**

### Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet**. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:

**5% DV** or less of a nutrient per serving is **low**  
**20% DV** or more of a nutrient per serving is **high**

### Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

**Nutrients to get less of:** saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

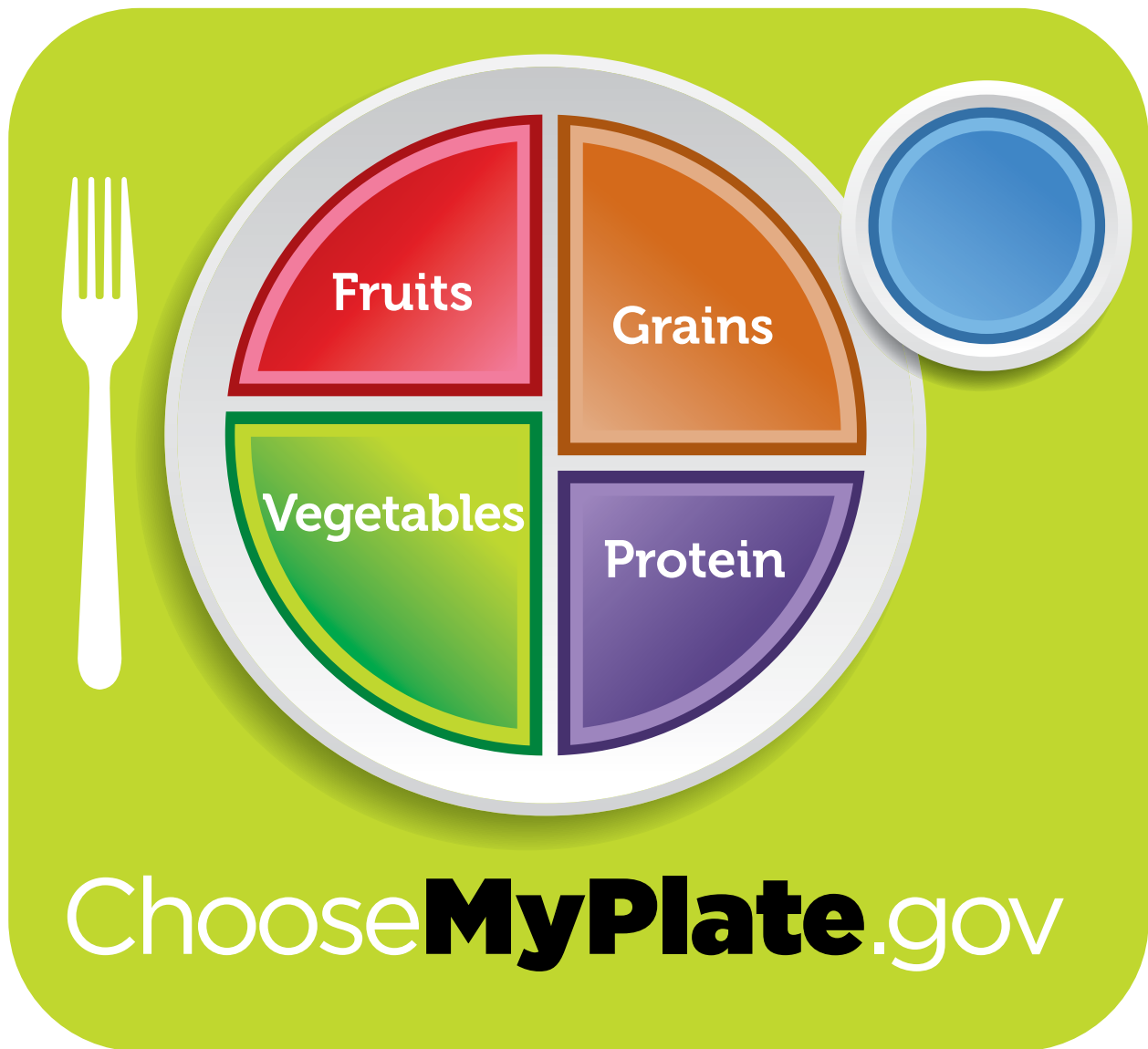
**Nutrients to get more of:** dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 6mg	<b>35%</b>
Potassium 240mg	<b>6%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



<http://www.fda.gov/nutritioneducation>

December 2016



**MyPlate, MyWins**   
Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

**10  
tips**  
Nutrition  
Education Series



**MyPlate  
MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

## Build a healthy meal

**Each meal is a building block in your healthy eating style.** Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

### 1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



### 2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### 3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



### 4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



### 5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

### 7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



### 8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

### 9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

### 10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

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Go to [ChooseMyPlate.gov](#)  
for more information.

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June 2011  
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