

Its All About You

It's All About YOU Making Healthy Choices

Be Realistic

Make small changes over time in what you eat and the amount of activity you do. After all, small changes can add up to great leaps and are likely to become habits you can keep.

Life is busy, so when it comes to making changes to help improve successful happy well realistic you

Start by being:

- Specific
- Measurable

Achievable
Realistic
Timely

Here are some commitments to try:

- I will go for a walk with my dog every day.
- I will eat a fruit or vegetable every day.
- I will eat a whole grain every day.
- I will eat a lean protein every day.
- I will eat a low-fat dairy product every day.
- I will eat a healthy snack every day.

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Be Active

Make physical activity part of your daily routine.

Measure how well you are doing by using the SuperTracker at www.supertracker.nhlbi.gov (NCE). Children and adolescents should get 60 minutes or more of physical activity a day. To find the right amount of physical activity for you and your family, visit www.health.gov/physical.

Physical activity can help reduce the risk of some cancer, stress, sleep problems, and heart disease.

Fun stuff! Get active while watching your favorite TV shows.

- Set your DVR to record your favorite shows.
- Take a break from getting up to get a glass of water.
- Keep a small exercise ball in your living room.
- Clip on a pedometer to your belt.
- Too busy stairs at work?

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Be Adventurous

If you are eating the same thing every day, it's time to try something new.

Expand your tastes to enjoy a variety of foods. If walking around the neighborhood doesn't excite you, try a new physical activity. Adventure is a lot of fun! Try a new sport, hike, or go to a local park with a walking path or other exciting environment to jump-start muscle you may not use.

Make half your plate fruits and vegetables. Go lean with proteins.

- Think about variety. Air fruits that are dried, like raisins, can be a great snack.
- Choose vegetables with color. Brighter colors include those with your favorite white vegetable: celery, tomatoes, sweet potatoes, or kale. There are many recipes available from a local magazine.
- Try a new grain, such as quinoa, bulgur, or rice.
- For an easy meal at home, skip the supermarket. Bake potatoes and a salad made with bagged lettuce.
- Pick up an egg-meat meal in a local deli.
- Get creative with seafood. Think beyond the fish or clam with whole-wheat pasta. Add variety by having one a salad, or oven-baked fish, or any other healthy choice.

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Be Balanced

Calories count. Calories are like fuel. Too many calories can lead to weight gain. Choose nutrient-rich foods that are low in calories to help you feel full. Don't eat too many calories from solid fats, added sugars, and sodium.

Enjoy your food, but eat less.

- Small steps = big changes.
- Serve smaller portions to help you eat less.
- Use smaller plates, bowls, and cups.
- Use low-calorie condiments.
- Don't drink or eat a second or other meal splurge by itself.
- Be sure to read the Nutrition Facts label and nutrients in the package. Calories and other nutrients are listed.

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Be Sensible

Read the Nutrition Facts label. You can increase your knowledge of the nutritional content of foods and take control of your food choices. When eating at home, you know exactly what you are eating. When you eat out, check and compare the nutrition information either in the restaurant or on the Web. Choose healthier options, such as baked, broiled or grilled, and steamed or simmered in broth instead of fried. Choose options that focus on fruits, vegetables, or whole grains. When having just a bit of meat, look for the word "lean" or "round" in the cut name.

Sodium: Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers. To monitor your sodium intake, look for "reduced sodium," "low sodium," and "no added salt" on labels.

Sugars: Cut back on extra calories by consuming treats in moderation. Manage your beverage calories by choosing smaller serving sizes. Choose low-fat or fat-free milk and 100% juice. Cut calories by drinking water and low- or no-calorie beverages.

Fat: Choose unsaturated oils, more often over animal fats like lard for cooking and baking, such as, carrots, corn or sunflower oils. Switch to fat-free or low-fat (1%) milk.

Family-focused tips:

- Slow down! It takes 20 minutes for your brain to send the signal that you've had enough to eat.
- Take one portion-controlled serving and enjoy every bit.
- Put your fork or spoon down between bites.

Eating at home:

- Smaller plates lead to smaller portions. Eat meals on a smaller plate.
- Before going back for seconds, wait 10 to 15 minutes. You may not want seconds after all.
- Use portion-control tools and tricks in small bag or package, so that you are aware of how much you are eating.
- Have meat, poultry, and seafood with herbs and spices instead of sauce or gravy.

The Dietary Guidelines Alliance has released an updated digital edition of the *It's All About You* teaching toolkit to help nutrition communicators convey positive, simple and consistent nutrition and health messages to consumers. The *Tool Kit*, which consists of a booklet, fact sheets and slide presentation, includes new, consumer-tested messages that provide practical advice on how to apply the Dietary Guidelines in our lives.

It's All About You can be downloaded from:
www.foodinsight.org

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Choosing MyPlate.gov

Making Healthy Choices

The Dietary Guidelines Alliance