

Make Smart Food Choices: Follow the Guidelines

Let's eat for the health of it. That's the goal of the *Dietary Guidelines for Americans, 2010*, which offers science-based recommendations on nutrition and physical activity for people two years of age and older. Here's some top-line advice based on the Dietary Guidelines.

Make Calories Count: Know Your Personal Calorie Limit

To help you reach or stay at a healthy weight and reduce health risks, it's important to know how many daily calories are right for you. The idea is to enjoy foods that provide important nutrients, such as protein, fiber, vitamins and minerals, without overdoing on the calories you need for energy.



Simple Salmon Supper

and lean proteins contribute important nutrients. Vary your choices within food groups, too.

Smart Strategies

- Fill half your plate with vegetables and fruits. (Tip: Vegetables and fruits are great snacks, too!)
 - Vegetables—make “rainbow” choices: orange carrots and sweet potatoes, dark-green spinach and broccoli, red tomatoes and peppers, purple eggplant and white cauliflower and mushrooms.
 - Fruits—choose mostly fruit (fresh, frozen, canned, dried); opt for 100% fruit juice.

Smart Strategies

- Go to www.ChooseMyPlate.gov to find your personal daily calorie limit.
- Consider how the foods you choose fit into your healthful eating plan and decide how best to “spend” your calories. (Tip: Ask yourself if a food is “worth the calories.”)
- Opt for nutrient-dense foods: more fruits, vegetables, legumes (e.g., black or navy beans, lentils, split peas), whole grains and low-fat dairy foods; less fat (especially saturated and trans fats and cholesterol), sugars and refined grains, and fewer calories.
- Pay attention to *how much* you eat and drink.
 - Use a smaller plate or glass so your sensible portion looks “right-size.”
 - When eating out, select a small portion, split a large entrée or save half of your portion for the next day. (Tip: Refrigerate leftovers within two hours.)
- If you are an adult and choose to drink alcoholic beverages, be sensible: no more than 1 drink/day for women; two for men.
- When you are satisfied, stop eating.
- Make the switch to fat-free (skim) or 1% milk.
 - Select fat-free or low-fat milk, yogurt or cheese to get key nutrients with less fat and fewer calories.
 - Lactose-free dairy foods or calcium-fortified foods also offer bone-building calcium.
 - Count 1-1/2 ounces of natural cheese or 2 ounces process cheese as 1 cup milk.
- Choose at least half of your grains as whole grain foods.
 - Choose whole grain cereals, breads, crackers and pasta.
 - Look for the words “whole grain” on the ingredient statement of packaged grain foods.
- Vary your protein choices
 - Choose sensible portions of lean meat, skinless poultry and seafood.
 - Get fiber from cooked dried beans.
 - Snack wisely on nuts and seeds.

Eat Smart: Build a Healthy Plate

Make your “plate” work for you by choosing wisely from the food groups. Vegetables, fruits, whole grains, low-fat dairy foods

Go Easy, Choose Smart

To reduce risks for certain health problems, go easy on saturated

fats, *trans* fats and cholesterol, as well as on salt (sodium) and added sugars. Twenty to 35% of your calories should come from fat, mostly unsaturated kinds in fish, nuts and oils. Also strive to eat more potassium-rich fruits and vegetables, as potassium counteracts some negative effects of sodium on blood pressure.

Smart Strategies:

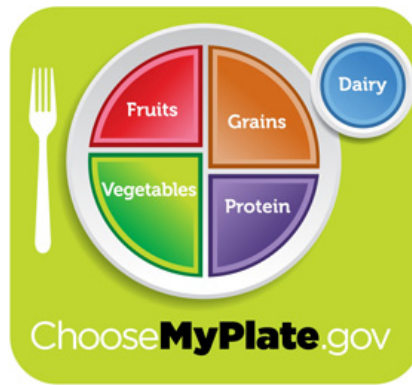
- Use the Nutrition Facts on food labels to see the serving size and calories and compare amounts and types of fat, as well as amounts of cholesterol and sodium in a serving.
- Prepare food wisely.
 - For less fat—broil, roast, steam, grill or poach; use less gravy.
 - For less saturated fat—use oil instead of butter, stick margarine or shortening.
 - For less sodium—use herbs in place of salty seasonings.
 - For less added sugars—go easy on sugar, honey, jams and syrup.
- Ease up on sugary drinks and desserts, candy and salty, high-fat snacks.

Keep Food Safe

To protect against harmful bacteria as you shop, store and prepare food, remember to: *clean, separate, cook* and *chill*.

Smart Strategies:

- **Clean** hands and surfaces that touch food. Wash fruits and vegetables, but not raw meat and poultry.
- **Separate** raw, cooked and ready-to-eat foods so bacteria don't transfer. For example, use different cutting boards, knives and plates to avoid contamination.
- **Cook** meat, poultry, fish and leftovers to a temperature that kills bacteria. Check temperatures with a clean meat thermometer: for example, 160°F for hamburgers, 165°F for chicken breast.
- **Chill** meat, poultry and other perishable foods between 33°F to 40°F. Check your fridge with a refrigerator thermometer.



Source: US Department of Agriculture

Thaw frozen food properly (e.g., in the refrigerator, not on a counter).

- For more food safety strategies, visit www.FoodSafety.gov.

Dietary Guidelines . . . in Action!

Want to put the Dietary Guidelines into action? USDA's **MyPlate** helps you customize Dietary Guidelines' advice into a personal plan to help you eat smart and stay active. Click on www.ChooseMyPlate.gov for more information.

This delicious Healthy Living recipe uses some of our tips for making a quick, easy-to-prepare meal that is in step with advice of the Dietary Guidelines.

Simple Salmon Supper

Prep: 15 minutes Total: 40 minutes Makes: 4 servings.

- 1 each zucchini, yellow squash and red pepper, chopped
- 4 skinless salmon fillets (1 lb.)
- 1 can (14-1/2 oz.) diced tomatoes, drained
- 1/2 cup KRAFT Sun Dried Tomato Vinaigrette Dressing
- 2-2/3 cups hot cooked long-grain brown rice

HEAT oven to 375°F.

COMBINE zucchini, squash and peppers in 13x9-inch baking dish; top with fish. Mix tomatoes and dressing; spoon over fish.

BAKE 20 to 25 min. or until fish flakes easily with fork.

SERVE with rice.

Special Extra: Sprinkle with 1 Tbsp. KRAFT Grated Parmesan Cheese before serving.

Nutrition Bonus:

Looking for a way to add more fish to your diet? This flavorful low-calorie, low-fat meal is sure to hit the spot.

Nutrition Information Per Serving: 400 calories, 14g total fat, 2.5g saturated fat, 55mg cholesterol, 410mg sodium, 42g carbohydrate, 5g dietary fiber, 8g sugars, 27g protein, 40%DV vitamin A, 60%DV vitamin C, 6%DV calcium, 10%DV iron.

MyPlate Count: 1-1/2 oz. Grains, 1 cup Vegetables, 3 oz. Lean Protein, 2 tsp. Oil