



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

Use the Nutrition Facts label to find out amounts and keep these low in the foods and drinks that you choose.



	Grains	Vegetables	Fruits	Dairy	Protein
	Make half your grains whole grains	Make half your plate fruits and vegetables		Move to low-fat or fat-free dairy	Vary your protein routine
	Choose whole-grain bread, pasta and cereal Check the label, and look for whole grains listed first or second on the ingredient list	Vary your veggies and eat a variety of colors Make sure to include dark green, red and orange choices Fresh, frozen and canned all count. Look for “reduced sodium” or “no-salt added”	Focus on whole fruit Choose fresh, frozen, canned or dried fruit Go easy on fruit juices, and choose 100% fruit juice for those you drink	Choose low-fat or fat-free milk, yogurt and other milk products If you are lactose intolerant, try lactose-free products or other calcium sources, such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it or grill it Choose more fish, beans, peas, unsalted nuts and seeds
Calorie level	<i>Find your balance between food and physical activity. Enjoy your food, but eat less. Avoid oversized portions.</i>				
1,600	5-ounce equivalents	2 cups	1½ cups	3 cups	5-ounce equivalents
2,000	6-ounce equivalents	2½ cups	2 cups	3 cups	5½-ounce equivalents
2,400	8-ounce equivalents	3 cups	2 cups	3 cups	6½-ounce equivalents
2,800	10-ounce equivalents	3½ cups	2½ cups	3 cups	7-ounce equivalents

Be active your way

Regular physical activity is good for your health. It can help prevent disease and manage your weight.

Adults:

Get at least 2½ hours of moderate-intensity activity each week OR 1¼ hours of vigorous-intensity aerobic physical activity—or some combination.

Children and teens:

Be physically active for 60 minutes every day.

A moderate-intensity activity is when you can talk while you do it, but you can't sing. A vigorous-intensity activity is when you can say only a few words without stopping to catch your breath.