

## Dietary Guidelines 2010

### Selected Messages for consumers

- Balance your calories
- enjoy your food but eat less
- Avoid oversized portions

#### Foods to increase

- Make half your plate fruits and vegetables
- Make at least half your plate whole grains
- Switch to fat-free or low fat (1%) milk

#### Foods to reduce:

- Compare sodium in foods like soup, bread, and frozen meals - and choose the food with lower numbers
- Drink water instead of sugary drinks

#### What is a healthy diet?

- To "consume a variety of foods balanced by a moderate intake of each food"

#### Variety:

- Not eating the same old thing
- Choose a number of different foods within any given food group
- Ensures the diet contains sufficient nutrients
- Inclusion of fruits and vegetables to provide p

#### Balance:

- Not overconsuming any one food
- Eat foods from the five major food groups

#### Moderation:

- be aware of portion size

#### Moderate, not eliminate

#### All foods are not created equal:

- Nutrient density
- Empty calories
- Energy density