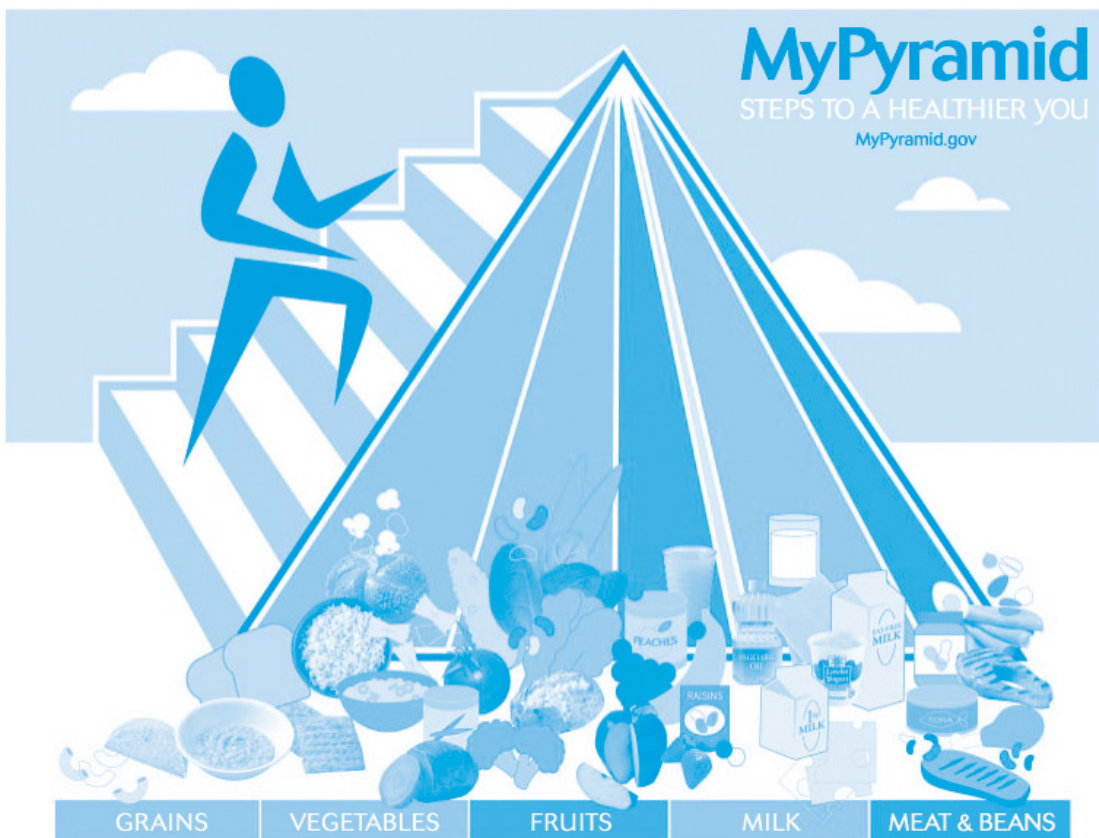




a better way to eat

THE NEW FOOD PYRAMID

Eat and exercise to a healthy life!



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
<p>Make half your grains whole</p> <p>Eat at least 3 oz. of wholegrain cereals, breads, crackers, rice, or pasta everyday.</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta.</p>	<p>Vary your veggies</p> <p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.</p> <p>Eat more orange vegetables like carrots and sweet potatoes.</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils.</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit.</p> <p>Choose fresh, frozen, canned, or dried fruit.</p> <p>Go easy on fruit juices.</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products.</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry.</p> <p>Bake it, broil it, or grill it.</p> <p>Vary your protein routine - choose more fish, beans, peas, nuts, and seeds.</p>



Physical Activity: Be physically active for at least 30 minutes most days of the week.