

Make about half of the foods in your diet **fruits** and **vegetables**.

2 Substitute **whole grain** pasta or brown rice for enriched pasta and white rice.



3 **Minimize** taking in foods and beverages with **added sugar**.

## HEALTHY TOP TEN

Opt for **beans** and other **vegetarian fare** once a week.

4

# Good Nutrition At a Glance



5 Check **food labels**; go for foods low in cholesterol, sodium, saturated and trans fat.

5

6 Keep **servings of meat** lean (examples top sirloin, top round or skinless chicken) and about the size of a deck of cards.

6

7 Choose **low-fat** or **fat-free** dairy products.

7

Choose **broiled** or **baked** over breaded or fried.

8

9 Flavor foods with **olive oil** and **herbs** instead of butter or margarine.



10 **Substitute fish** for meat at least twice a week.

10