



Pat Quinn, Governor

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# Steps to a Healthier You

## FOCUS ON FRUITS

Eat a variety of fruits—fresh, frozen, canned, or dried—rather than fruit juices for most of your fruit choices.

## VARY YOUR VEGGIES

Eat more dark green and orange vegetables, beans, and peas.

## GET YOUR CALCIUM-RICH FOODS

Drink 3 cups of low-fat or fat free milk—or an equivalent amount of low-fat yogurt or low-fat cheese (1 ½ ounces of cheese equals 1 cup of milk)—every day.

## MAKE HALF YOUR GRAINS WHOLE

Eat at least 3 ounces (½ cup oatmeal + 1 slice of whole wheat bread + ½ cup brown rice) of whole-grain cereals, breads, crackers, pasta, or brown rice every day.

## GO LEAN WITH PROTEIN

Choose lean meats and poultry (remove skin). Bake, broil or grill it. Eat more fish, beans, peas, nuts, and seeds.

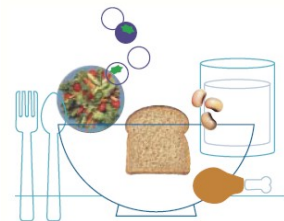
## KNOW THE LIMITS ON FATS, SALT, AND SUGARS

Read Nutrition Facts labels. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

## FIND YOUR BALANCE BETWEEN FOOD AND PHYSICAL ACTIVITY

Regular physical activity is important for your health. It can also help control body weight. Be active for at least 30 minutes most days of the week.

To learn more about healthy eating and lifestyles go to <http://www.mypyramid.gov> or contact your local Family Nutrition Program:



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