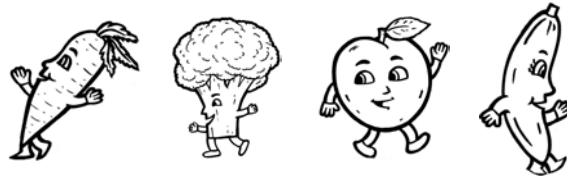


## Food Moves . . . . .



All foods are not created equal. Some foods are better for us than others. No one food has all the life-giving nutrients we need. The secret is mixing and matching foods so we get the right amounts of nutrients and energy for growth and repair and physical activity. Many persons eat diets that don't supply enough nutrients and energy for them to be healthy, perform their best, and feel good. The Food Guide Pyramid is one of the best tools to help you improve your diet.

### Better Diets Include . . . . .

- The Food Guide Pyramid recommends at least two servings of fruits and three servings of vegetables daily. They taste great and provide plenty of important nutrients like vitamins A and C. They make meals interesting and appealing. Fresh fruits and vegetables are naturally low in fat and sodium. In season, fresh fruits and vegetables can be inexpensive.
- The Food Guide Pyramid recommends at least six servings of breads, cereals, rice, and pasta daily. Try to make most of these servings whole grains or cereals. Whole grain foods are tasty, nutritious, and simple to prepare.
- The Food Guide Pyramid recommends at least two to three servings from the milk, yogurt, and cheese group daily. Skim milk has all the nutrients of whole milk but without the fat. It has only 80 to 90 calories per 8-ounce glass compared to whole milk that has 160 calories per 8-ounce glass.
- The Food Guide Pyramid recommends at least two to three servings from the meat, poultry, fish, dry beans, eggs, and nuts group. Choose lean cuts of meat and trim all visible fat from meats prior to cooking. Broil, roast or bake meats instead of frying.
- Season foods with herbs & spices instead of salt and fats.
- Snack on fruits, vegetables or whole grain foods. Limit your intake of sweets.

## **Moving On To Better Diets . . . . .**

- 1 Do a 24-hour food recall and have a University of Illinois Extension worker help you evaluate your diet using the Food Guide Pyramid. Do the 24-hour food recall again in a month, two months, and a year later and see what improvements you have made or changes you still need to make to your diet.
- 2 Use your diet evaluation to see what changes you may need to make in food selection and number of servings for each food group.
- 3 Practice planning meals that meet the Food Guide Pyramid's recommendations.
- 4 Learn to prepare healthy foods in new ways so you can have more of these foods in your diet.
- 5 Mark on a calendar the number of servings you eat from each food group each day. Note how this changes over time.
- 6 Make a list of the FRESH fruits and vegetables that you and your family like to eat. Plan to have at least one or two of them on hand at all times.
- 7 Read food labels to make sure you are getting whole grains in your diet. Make sure whole grains appear first on the list of ingredients.

## **Moves That Fit You (Goal Setting) . . . . .**

- ❖ Set a goal to find out the healthfulness of your own diet by keeping a food record.
- ❖ Set a goal to learn the recommended number of servings from each food group and move toward achieving those recommendations.
- ❖ Set a goal to try new foods, particularly in the fruits, vegetables, and milk groups in the next week, month, and a year's time.
- ❖ Set a goal of using fresh fruits and vegetables as snacks in place of foods high in fat and sugar.
- ❖ Set realistic goals for improving your diet over a week, a month, and a year's time.

### **Set two goals for yourself:**

1. \_\_\_\_\_

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2. \_\_\_\_\_  
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