

WATCHING YOUR CALORIES OR TOTAL FAT INTAKE?

Here are some things to consider when eating at home or dining out:

- Watch the amount of salad dressings and other sauces; try starting out with a small amount. This way, you can control how much you add and you can always add more to taste.
- Use mustard or herbs and spices on sandwiches instead of mayonnaise or oils. You can enjoy sandwiches and the flavors you like, without additional fat and calories.
- Foods that are baked, grilled, broiled, poached or steamed generally use less fat in food preparation and usually have fewer calories.
- Prepare or choose meals with vegetables and fruits as key ingredients. Fruits and vegetables are naturally low in calories and fat, and can provide dietary fiber as well as many vitamins and minerals.
- Save a part of your meal, and turn tonight's dinner into tomorrow's lunch.
- Variety, moderation and balancing your food choices are the keys to healthy eating. Remember not to deprive yourself of the foods you love. All foods can fit into a healthy well-balanced diet.

For more information visit www.restaurant.org and "Ask the Nutritionist" for other smart eating tips.

This brochure was positively reviewed by the United States Department of Agriculture



www.restaurant.org

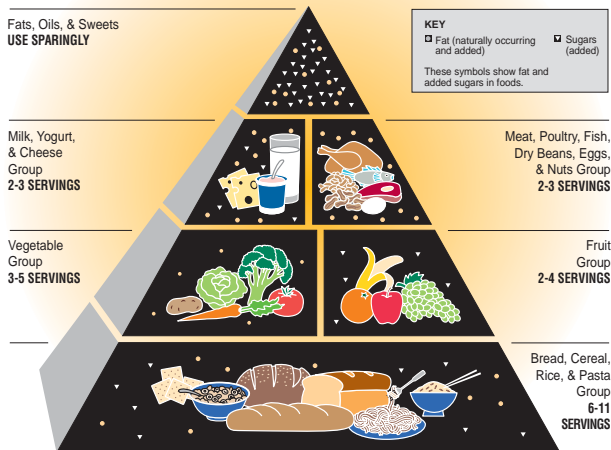


Step 1

BALANCE

It is important to eat a well-balanced diet, with a variety of foods from all of the five food groups: bread, cereal, rice, and pasta; fruits; vegetables; milk, yogurt, and cheese; and meat, poultry, fish, dry beans, eggs, and nuts. Let the Food Guide Pyramid help guide you to get the nutrients your body needs each day. This forms a base for good nutrition and good health and may reduce your risk of certain chronic diseases.

Food Guide Pyramid A Guide to Daily Food Choices



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Step 2

PHYSICAL ACTIVITY

Being physically active doesn't have to mean running a marathon or doing aerobics for hours on end. In fact, men and women of all ages benefit from a moderate amount of daily physical activity. And it can be fun, too. Take a bike ride with the kids, try a new dance class, play soccer or basketball on a sunny day. Even taking a brisk walk around the neighborhood can be beneficial.

Experts recommend at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week, preferably daily. But—it doesn't have to be continuous—you can spread it out over two or three times during the day.

There are countless benefits of physical activity:

- Helps maintain healthy bones, muscles and joints
- Helps control weight, develop lean muscle and reduce body fat
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Reduces the risk of coronary heart disease and of developing high blood pressure, colon cancer and diabetes
- Can help reduce blood pressure in some people with hypertension

Step 3

MODERATION

The Dietary Guidelines for Americans states that you can enjoy all foods as part of a healthy diet as long as you don't overdo it on fat (especially saturated fat), sugars, salt, and alcohol. Moderation, along with balance and variety, is vital to healthful eating. It doesn't mean you give up certain foods, it means setting limits to how much and how often. One meal or one food cannot create or destroy a healthy diet. It is your overall pattern of food choices over time that is important for health.

