

Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Eat Healthy, Feel Great!



Variety, Moderation & Balance:

Good eating habits based on moderation, variety, and balance can:

- Keep you healthy
- Improve your health
- Support energy to perform daily tasks
- Enhance mental health and mental abilities
- Speed recovery from illness, accidents, or surgery
- Increase medication effectiveness

What Counts as a Serving?

>Bread, Cereal, Rice, or Pasta (1 oz.):

- 1 slice of bread
- ½ cup cooked cereal, rice, or pasta

>Vegetable (1/2 cup):

- 1 cup raw, leafy green vegetable
- ½ cup cooked/raw, chopped vegetable
- ½ cup juice

>Fruit (1/2 cup):

- ½ cup 100% fruit juice
- ½ cup chopped/canned fruit
- 1 small apple, banana, or orange

>Milk, Yogurt, Cheese (1 cup):

- 1 cup milk or yogurt
- 1- 1 ½ ounce cheese

>All meat, Dry beans, Eggs, Nuts (2-3 oz.):

- 2 eggs, ½ cup cooked dried beans
- 2-3 ounces of meat
- 2 Tbsp peanut butter

The life span of the average American has gotten longer. As people age, the chances of developing chronic illnesses, like heart disease and diabetes, increase. Health experts believe that poor eating habits may contribute to some chronic diseases. If you have a chronic disease like heart disease or diabetes, proper nutrition can help you manage this condition.



A Healthy Diet Makes for a Healthy Life!

**The University
of Georgia**