

UPDATE YOUR PLATE

"Everyday Foods" and "Sometimes Foods"
for a Healthier You!

Use "everyday foods" and "sometimes foods" for a healthier...
better balanced... and more enjoyable diet!

Do you feel overwhelmed with information about nutrition? If you're feeling bombarded with mixed messages about food, diet and health, these guidelines will help you make some changes for a healthier and more enjoyable diet.



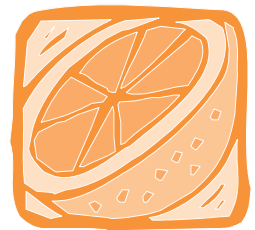
Today, the **BEST** nutrition advice is following the "Dietary Guidelines for Americans." These seven healthy recommendations are:

- Eat a variety of food
- Maintain a healthy weight
- Select foods low in fat, saturated fat and cholesterol
- Choose plenty of grains, fruits and vegetables
- Use sugars moderately
- Use salt and sodium moderately
- Drink alcoholic beverages in moderation, if at all

Follow these guidelines to "Update Your Plate," and use the **FOOD GUIDE PYRAMID** to help you.



The **FOOD GUIDE PYRAMID** is a general guide, designed to help you plan a healthy overall eating pattern providing ample amounts of essential nutrients and moderate amounts of fat, sugar and salt.



Update Your Plate

Everyday and Sometimes Foods

Use the PYRAMID to build your diet around "everyday foods."

"Everyday foods" are tasty, nutritious, and enjoyable - the basis of a healthy diet.

These "everyday foods" are found in the lower levels of the PYRAMID - breads, grains, fruits and vegetables. Foods like bananas, corn, rice, bread, pasta, carrots and potatoes should be foods we eat everyday. Other "everyday foods" include smaller quantities of meat, milk, cheese, yogurt, chicken, eggs and fish.

The "sometimes foods" are found at the upper tip of the PYRAMID.

These are foods like cake, cookies, chips, candy and soda. These foods usually contain lots of fat, sugar and sodium and should be used sparingly.

Learn more about good nutrition and saving money at the supermarket:

The Nutrition Connections Program teaches you about:

- Foods to keep you healthy
- Planning low cost meals
- How to buy more food with food stamps
- Food safety

It's Easy to Use the Pyramid if You...

Plan ahead before food shopping. Be sure you have lots of "everyday foods" on your list. Use the PYRAMID as a reference. Limit the "sometimes foods" on your list.

Purchase "bulk at the base." Choose more bread, cereal, grain, fruit and vegetable products at the bottom of the PYRAMID.

Eat the most servings from the lower level food groups, fewer servings at the higher levels, and choose the most sparingly from the tip of the PYRAMID. The higher you climb, the less you need.

Remember, the portion size may count for more than one serving in a food group. For example, a dinnersized portion of spaghetti may count as 3 or more servings from the bread and pasta group.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546.
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Laconia, NH 03246
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