

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 to follow is the "Dietary Guidelines for Americans." These seven healthy recommendations are:

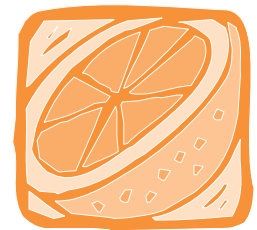
- ◆ Make smart choices from every food group.
- ◆ Mix up your choices within each food group.
- ◆ Find your balance between food and physical activity.
- ◆ Get the most nutrition out of your calories.
- ◆ To know the facts... use the nutrition label.
- ◆ Play it safe with food.
- ◆ If you choose to drink alcohol, do so in moderation.

Follow these guidelines to "Update Your Plate," and use **MyPyramid** to help you.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

MyPyramid is 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 MyPyramid to build your diet around “everyday foods.”

The stripes on the pyramid represent how much to eat from each food group. The first three stripes are for grains, vegetables and fruits. These are “everyday foods.” “Everyday foods” are tasty, nutritious, and enjoyable - the basis of a healthy diet.

Base your healthy diet on foods like bananas, corn, rice, bread, pasta, carrots and potatoes. We should eat these foods everyday.

Other important “everyday foods” include smaller quantities of meat, milk, cheese, yogurt, chicken, eggs and fish. These are the last two stripes on the pyramid.

The “sometimes foods” are found at the upper tip of each of the food groups in the pyramid.

These are foods like cake, chips, candy, deep-fried meats, creamy sauces, process cheese and French fries. These foods usually contain lots of fat, sugar and sodium. Eat them sparingly.

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 MyPyramid as a reference. Limit the “sometimes foods” on your list.
- ◆ Purchase more high-fiber bread, cereal, grain, fruit and vegetable products.
- ◆ Eat the most servings from the fruit, vegetable and grain groups. Eat some servings from the dairy and protein groups, and eat the fewest servings that are high fat, high sugar, and high sodium.
- ◆ Remember, the portion size may count for more than one serving in a food group. For example, a dinner-sized portion of spaghetti may count as three or more servings from the grain 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 1-877-398-4769.

UNH Cooperative Extension, 315 Daniel Webster Hwy., Boscawen, NH 03303.

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527-5475

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800 Park Ave.
Keene, NH 03431
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Grafton County
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258 Highland St.
Plymouth, NH 03264
536-3729 ext. 107

Merrimack County
315 Daniel Webster Hwy.
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225-5505

Strafford County
268 County Farm Road
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P.O. Box 1480
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788-4961

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329 Mast Rd., Room 101
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