

Six Simple Steps to Good Nutrition

1. Enjoy a wide variety of foods from each food group.
 - Six or more servings of grain and whole-grain products and legumes each day, such as 1 slice bread, 1 cup flaked cereal, or 1/2 cup cooked cereal or pasta.
 - Five or more servings of vegetables and fruits each day, such as 1 medium piece fruit, 1 cup leafy greens, 3/4 cup fruit or vegetable juice, or 1/2 cup cooked vegetables.
 - Three or more servings of fat-free or low-fat milk products for most adults, such as 1 cup milk or yogurt, 1/2 cup cottage cheese, or 1 ounce cheese.
 - Two servings of lean meat, poultry, seafood, or vegetarian protein each day, such as 3 ounces cooked meat, poultry, or seafood, 1/2 cup cooked beans or lentils, 1/4 cup canned tuna or salmon. Include at least two servings of fish each week, preferably fatty fish.
2. Choose a diet low in saturated and trans fats. Replace these fats with the healthful polyunsaturated and mono-unsaturated fats.
3. Balance your food intake with physical activity to achieve and maintain a healthy weight.
4. Limit your daily intake of dietary cholesterol to less than 300 milligrams.
5. Keep your intake of sodium to less than 2,400 milligrams per day. (If you have had a heart attack or have coronary heart disease, your doctor may recommend lower limits.)
6. If you drink alcohol, limit yourself to one drink per day if you're a woman and two drinks per day if you're a man. If you don't drink, don't start.