

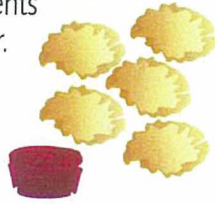
FITTING IN "FUN" FOODS

Eating the nutrient rich way doesn't mean that "fun" foods such as favorite snacks, desserts—or even indulgent meals—are off-limits. Here's why:

Everyone has a daily calorie budget based on their age, gender, height, weight and physical activity level. In a healthy eating plan, most of that calorie budget is spent first on nutrient-rich foods, which give you the most vitamins, minerals and other nutrients for the fewest calories.

Depending on how you spend your calorie budget, you might have a small number of calories left to spend on "fun" foods. These foods may contain calories from extra fats and sugars, but few or no nutrients such as vitamins, minerals, protein or fiber.

Make foods that are high in calories but low in nutrients a smaller part of your eating plan.



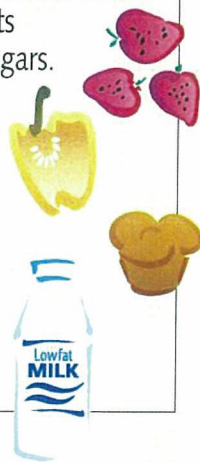
USDA's MyPyramid calls the calories from extra fats and sugars "discretionary calories" because you can choose foods that contain them "at your discretion" as long as you meet your nutrient needs and stay within your daily calorie budget.

Following the tips below can help you eat the nutrient rich way *and* fit in fun favorites, too.

Get your quota of nutrient-rich foods first.

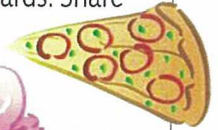
Nutrient-rich foods give you the most nutrients with the fewest calories from extra fats and sugars. Build your daily eating plan on a variety of nutrient-rich foods first:

- Brightly colored fruits and 100% fruit juices
- Vibrant-colored vegetables
- Whole, fortified and fiber-rich grain foods
- Fat-free and lowfat milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans and nuts



Be wise about portion size. Trimming portion sizes of foods with extra fats and sugars helps you enjoy them without overdoing it.

- When dining out, savor a serving of fried chicken or prime rib that's about the size of a deck of cards. Share the rest or take it home for another meal.
- Eat one less slice of pizza than usual.
- Enjoy a single scoop of ice cream instead of a double.
- Slice a skinnier piece of cake or pie.
- Use one pat of butter or margarine instead of two.



Use simple swaps to save calories. Saving some calories from extra fats and sugars lets you spend them on favorite foods elsewhere in your eating plan.

- Top salads with low-calorie salad dressing instead of regular salad dressing.
- Try light versions of cream cheese and sour cream or swap for plain fat-free or lowfat yogurt.
- Exchange a sweetened soft drink for a no-calorie version.
- Use a sugar substitute on cereal and in coffee.



Be physically active each day. The more you move, the bigger your calorie budget and the more likely you are to maintain a healthy weight. For good health and to burn calories, total at least 30 minutes of moderate or vigorous physical activity each day. More is even better!

- Walk, bike or skate everywhere you can—to work, to the store, to a friend's house—or around the block.
- Volunteer for household jobs like vacuuming, washing windows, gardening, raking leaves or shoveling snow.
- Take an aerobics, spinning, weight-lifting or Pilates class.
- Join the office softball or bowling team or go out dancing.
- Schedule family "activity time." Walk after dinner, enjoy the neighborhood playground or play a game in your own backyard.



To calculate your daily calorie needs, learn your allotment of calories from extra fats and sugars and find your personal pyramid, go to **MyPyramid.gov**.



Enjoy Nutrient-Rich Foods.