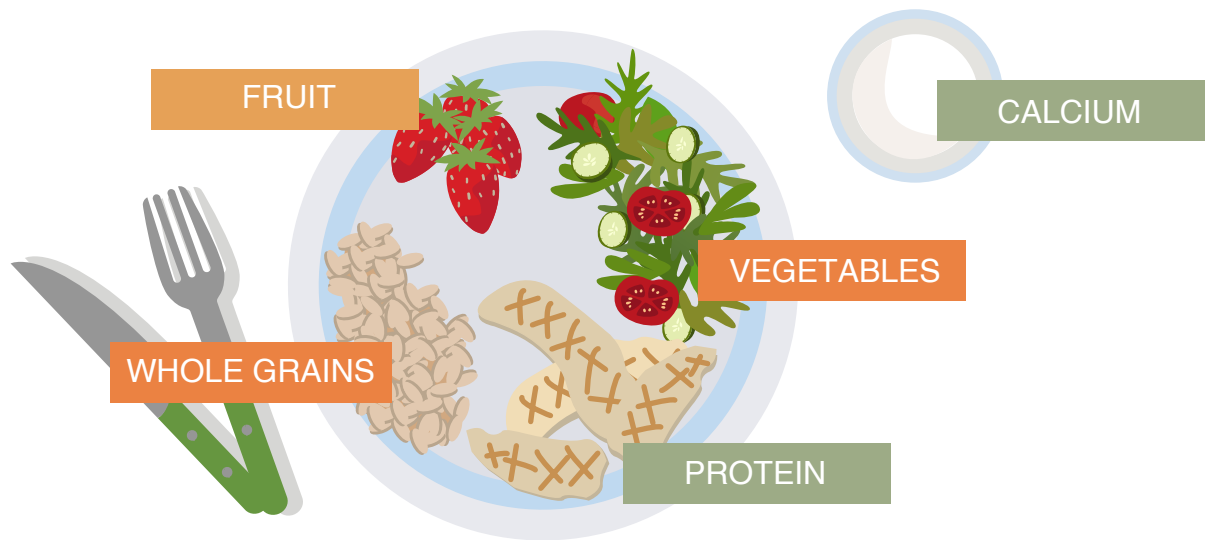


GO FOR GOOD NUTRITION



Vary Your Veggies

- Eat more dark green veggies like broccoli, spinach, and other dark leafy greens.
- Eat more orange vegetables like carrots and sweet potatoes.
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Focus on Fruits

- Eat a variety of fruits, especially whole fruits.
- Choose fresh, frozen, canned, or dried fruit.
- Limit fruit juice to once a day.

Emphasize Calcium

- Choose low-fat or fat-free options.
 - Milk
 - Yogurt
 - Cheese
 - Fortified soy beverages

Make Half Your Grains Whole

- Eat a variety of whole wheat breads, rolls, bagels, and crackers; oatmeal; whole grain ready-to-eat cereals; popcorn; brown rice; and whole grain pasta.
- Choose enriched grains as an alternative to whole grains.

Go Lean with Protein

- Choose low-fat or lean meats and poultry.
- Bake it, broil it, or grill it.
- Vary your protein choices with more fish, beans, peas, nuts, seeds, and soy products.
- Limit saturated fats and *trans* fats, added sugars, and sodium.