HEALTHY EATING FOR A HEALTHY WEIGHT

This Lifestyle Nutrition Philosophy is consistent with dietary guidelines from major health organizations including the American Heart Association, American Cancer Society, American Dietetic Association, and United States Department of Health and Human Services. We believe these guidelines reflect the best available scientific and medical knowledge on nutrition and health and should be the foundation of a healthful eating plan to achieve and maintain a healthy weight.

Set a long-term goal of including the following recommendations into your lifestyle:

1. Aim for a lifestyle of healthful eating that is balanced, realistic, and enjoyable.
2. Follow an eating plan that promotes your overall health rather than weight loss alone.
3. ALL FOODS FIT in a healthful eating plan—choose sensibly, keeping your body's need for calories in mind.
4. Achieve and maintain a healthy weight by:
   • Eating sensible portions of a variety of foods from each food group every day
     - Grains, vegetables, fruit, low-fat dairy, lean meats, and a moderate intake of healthful fats
   • Balancing the foods you eat with regular physical activity
     - Get 30 to 60 minutes of moderate intensity physical activity on most, preferably all, days of the week
   • Learning healthful eating habits:
     - Eat planned meals and snacks every day, including breakfast
     - Eat slowly and enjoy your food
     - Eat when you are hungry; stop when you are comfortably full
     - Satisfy hunger with the healthiest options available
5. Choose a variety of foods every day to get the nutrients you need for good health
   For overall nutritional health, eat:
   • Four and one-half cups or more of a variety of colorful fruits and vegetables (dark green, yellow, orange, red)
   • Three ounces or more of whole-grain foods, such as whole-grain breads, pasta, cereal, brown rice, and oats
   • Two to three cups of low-fat or nonfat dairy products, such as milk, yogurt, and cheese
   • A healthy balance of fish, poultry, lean meats, beans, eggs, and nuts
   • Foods and beverages that are low in saturated and trans fat, cholesterol, added sugars, and salt
   • If you drink alcoholic beverages, do so in moderation (women ≤ 1 drink per day; men ≤ 2)

There are many ways to build a healthful eating plan—make healthful and realistic choices based on your lifestyle with the goal of creating an eating plan you can follow for a lifetime!