

## Eating Well - ANYTIME!!

Making healthful food choices is much easier than you thought possible. There's no need to follow a complicated diet, to count every calorie or to avoid your favorite foods. Even better, it's easy to eat healthfully ANYTIME of day - ANYWHERE you decide to eat.

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### WHY make healthier food choices every day?

- 101 **ENJOY** great taste and good health in every bite you take.
- 101 **BOOST** your brainpower for learning, working and playing.
- 101 **ENERGIZE** your body and mind for all the things you want to do.
- 101 **ENHANCE** your health from head to toe, on the inside and the outside.
- 101 **PROTECT** your whole body - heart, bones, muscles, eyes, skin and more!

### WHAT foods are the healthiest choices?

For high-energy health, choose minimally processed, whole foods. These are the best sources of the 70+ nutrients your body needs every day. Whole foods are cheaper than supplements and the nutrients in them are usually better absorbed. Your **best bets** are:

- 101 **Fruits and vegetables** (fresh, frozen, canned and dried) ~ 5 to 9 servings a day
- 101 **Whole grains** (breads, cereals, rice, pasta and snacks) ~ 3 servings a day
- 101 **Low-fat dairy foods** (1% or less milk, yogurt and cheese) ~ 2 to 3 servings a day
- 101 **Legumes and plant proteins** (beans, peas, nuts and seeds) ~ 1 to 2 servings a day
- 101 **Lean animal proteins** (Meat, poultry, fish and eggs) ~ 2 to 3 servings a day

### HOW can I make these foods part of my day?

With a few simple guidelines, you can enjoy power foods from morning 'til night. Look for tasty choices everywhere - at home, in restaurants and at the supermarket.

- 101 **Eat early:** Start every day with a protein, a whole grain and a piece of fruit.
- 101 **Snack regularly:** Include a protein for maximum satisfaction and lasting energy.
- 101 **Select bright colors:** Pick colorful fruits and vegetables to fill half your plate.
- 101 **Go for lean:** Choose lean meats and skinless poultry to minimize your saturated fat.
- 101 **Choose crunchy:** Go for grains, nuts, seeds and vegetables to pump up your fiber.

