

Guidelines For Good Health

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The food and physical activity choices you make today—and every day—affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy life style.

My Pyramid

Make smart food choices from every food group—veggies, fruits, calcium-rich foods, whole grains and lean protein. Choose the most nutritionally rich foods you can from each food group every day. MyPyramid.gov is an interactive web site designed to help you eat healthy.

Weighty Matters

Find your balance between food and physical activity. Cardiovascular disease, high blood pressure and type 2 diabetes are chronic diseases all linked to obesity. The United States has the dubious distinction of having more overweight and obese citizens than any European country. By 2009 almost 70% of the U.S. population will be overweight or obese. To reverse this trend Americans need to eat fewer calories, be more active and make wiser food choices. Special attention should be given to portion sizes, which have increased significantly over the past two decades.

Get Better Nutrition Behind Those Calories

Many Americans consume more calories than they need and still don't meet their body's needs for many important nutrients. So, while our intakes of calories, saturated fat, trans fat, cholesterol, added sugars and salt continue to rise—we are still not getting enough calcium, potassium, B vitamins, fiber etc. Arm yourself with information and start making smarter food choices.

Move It Around!

Engage in regular physical activity every day—at least 30 minutes, preferably 60! Include cardiovascular conditioning, stretching exercise and resistance exercises or calisthenics for muscle strength and endurance.