



## **Dietary Guidelines 2010**

### **Selected Messages for Consumers**

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

#### ***Balancing Calories***

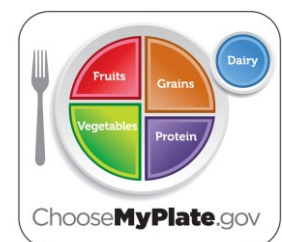
- Enjoy your food, but eat less.
- Avoid oversized portions.

#### ***Foods to Increase***

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

#### ***Foods to Reduce***

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



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