



## Are you Nutrient Rich?

Did you know you have a daily calorie budget based on your age, gender and physical activity level? In a healthy eating plan, you should first be spending most of that calorie budget on nutrient-rich foods which give you the most vitamins, minerals and other nutrients.

USDA's *MyPyramid* calls the calories from extra fats and sugars "discretionary calories," because you can choose foods that contain them "at your discretion" as long as you meet your nutrient needs and stay within your daily calorie budget.

Following the tips below can help you eat the nutrient-rich way *and* fit in your fun favorites, too.

### **Get Your Quota of Nutrient-Rich Foods First**

- ❖ Build your daily eating plan on a variety of these nutrient-rich foods first:
- ❖ Brightly colored fruits and vegetables
- ❖ Whole, fortified and fiber-rich grain foods
- ❖ Low-fat or fat-free milk, cheese and yogurt
- ❖ Lean meats, skinless poultry, fish, eggs, beans and nuts

### **Be Wise About Portion Size**

- ❖ The most important part of the food label? "Serving size!" Compare it to how much you usually eat.
- ❖ Eating out: order from the appetizer menu, split a meal, and look for "nutrition information" to help you order.
- ❖ Did you know the "serving size" for ice cream is ½ cup? Seem small? Then, top it with fruit and nuts to add nutrients.

### **Thirsty?**

Look closely at your beverage choices. Soda, juice drinks, sports drinks all add calories without nutrients. And, the standard beverage serving? 8 ounces! Even though most are 16 - 24 ounce bottles. This means you need to multiply the amount of calories on the label x 2 or 2.5 if you drink the whole bottle. Unfortunately, 0% of vitamins and minerals x 2 or 2.5 is still 0. Furthermore, these beverages can have a negative effect on your teeth and bones. Yes, it is important to drink, especially as the weather gets warmer. But, WATER is still the best choice when you are thirsty. Did you know milk has a better electrolyte profile than "sports drinks"? It also has protein, calcium and many other vitamins and minerals.



### **Be Physically Active Each Day**

The more you move, the bigger your calorie budget and the more likely you are to maintain a healthy weight. For good health and to burn calories, total at least 30 minutes of moderate or vigorous physical activity each day. More is even better!

- ❖ Walk, bike, or skate everywhere you can -- to work, to the store, to a friend's house, or around the block.
- ❖ Volunteer for household jobs like vacuuming, washing windows, gardening, raking leaves.
- ❖ Schedule family "activity time." Walk after dinner, enjoy the neighborhood playground or play a game in your own backyard.

**Want to develop a healthy eating plan for everyone in the family, go to [MyPyramid.gov](http://MyPyramid.gov).**