AIM FOR FITNESS...
△ Aim for a healthy weight.
△ Be physically active each day.

BUILD A HEALTHY BASE...
■ Let the Pyramid guide your food choices.
■ Choose a variety of grains daily, especially whole grains.
■ Choose a variety of fruits and vegetables daily.
■ Keep food safe to eat.

CHOOSE SENSIBLY...
● Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
● Choose beverages and foods to moderate your intake of sugars.
● Choose and prepare foods with less salt.
● If you drink alcoholic beverages, do so in moderation.

...for good health