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.

USDA

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