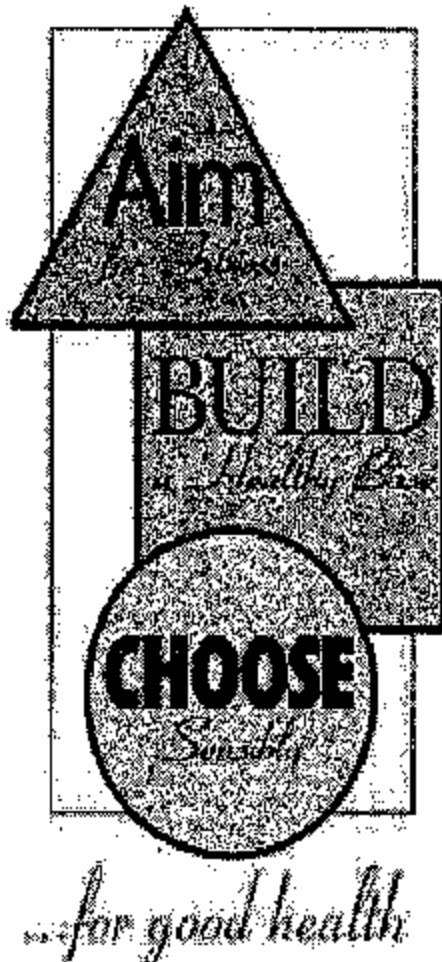


## ***Nutrition and Your Health: Dietary Guidelines for Americans***

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### **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.

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### **Ordering Information for Printed Copies**

Single copies of the *Guidelines* and *Using the Dietary Guidelines* are available from the Consumer Information Center. Order online <http://www.pueblo.gsa.gov/> or call 1-888-878-3256 (M-F, 9:00 am to 8:00 pm Eastern Time).

- *Nutrition and Your Health: Dietary Guidelines for Americans, Fifth Edition* (2000), 44 pages, \$4.75 each, item 115F.
  - *Using the Dietary Guidelines for Americans* (2000), 2 pages, \$0.50 each, item 321H.
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