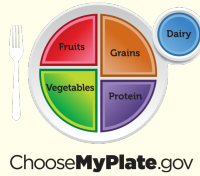


# AT A GLANCE

## Quick Nutrition Tips

### Get Your Vitamins and Minerals from Food:

Balance your meals using MyPlate



and its 5 food groups: vegetables, fruit, protein, grains, and dairy.

That way, you will eat a varied diet with adequate nutrients in the calories allotted.

### Avoid Extra Processed Food Dangers by Reading Food Labels:

Added sugars, excess sodium, and both trans and saturated fat have been linked to elevated risk of chronic disease.

Minimizing these will help you keep your body in tip-top shape!

### Let's Talk Nutrients:

There are 3 different types of macronutrients — the nutrients in your eating pattern that make up the bulk of what you consume each day. Those 3 macronutrients are carbohydrates, fats, and protein.

Protein is important for the creation and maintenance of your bones, skin, and muscles. Carbohydrates are the source of most of your energy. Fat helps your body absorb nutrients and also provides energy.

Choose high-fiber carbohydrates, lean protein, and heart-healthy fats (you can find them in plants and fish). This will help you get the 3 major macronutrients from healthful food sources.

Let Macronutrients  
Put Their

Best Foot  
Forward

