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# HEALTHY CHOICES

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What's on *your* fork?

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## What's in a Healthy Eating Pattern?

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The Dietary Guidelines for Americans have lots of resources to help you make choices that are good for your health.

Perhaps some of their best advice is “To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.”

This means making healthful choices when it comes to...

- Fruits
- Vegetables
- Whole grains
- Protein
- Dairy

Skip foods with lots of added sugars, saturated fats, trans fats, and sodium and focus on nutrient-dense foods instead.

## Your Decisions Matter!

According to the Dietary Guidelines for Americans, “All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.” Follow this advice by being thoughtful about exactly what you put on your fork.

