






Mix up your choices within each food group!

 <p>Fruit Group</p>	<p>Focus on fruits.</p> <ul style="list-style-type: none"> • Eat a variety of fruit. • Choose fresh, frozen, canned, or dried fruit. • Go easy on fruit juices.
<p>Vary your vegetables.</p> <ul style="list-style-type: none"> • Eat more dark green veggies like broccoli, spinach and other dark leafy greens. • Eat more orange vegetables like carrots and sweet potatoes. • Eat more dry beans and peas like pinto beans, kidney beans, and lentils. 	 <p>Vegetable Group</p>
 <p>Milk Group</p>	<p>Get your calcium-rich foods.</p> <ul style="list-style-type: none"> • Go low-fat or fat-free when you choose milk, yogurt, and other milk products. • If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.
<p>Make half your grains whole.</p> <ul style="list-style-type: none"> • Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day. • 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta. 	 <p>Grain Group</p>
 <p>Meat & Bean Group</p>	<p>Go lean with protein.</p> <ul style="list-style-type: none"> • Choose low-fat or lean meats and poultry. • Bake it, broil it, or grill it. • Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.
<p>Limit fats, salt, and sugars.</p> <ul style="list-style-type: none"> • Make most of your fat sources from fish, nuts, and vegetable oils. • Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. • Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. • Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 	



MyPyramid.gov
STEPS TO A HEALTHIER YOU

This folder belongs to _____

What is EFNEP?

EFNEP is the Expanded Food and Nutrition Education Program—nutrition education lessons that help youth and families with young children learn about food, and how to get more for their money at the grocery store. You'll learn how to prepare nutritious meals, and how to keep food safe. Participation in EFNEP is free and voluntary.

How will I benefit from EFNEP?

- You will develop skills in:
- meal planning
 - budgeting and shopping
 - cooking
 - food storage
 - food safety

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.