

Dietary Guidelines & Healthy Eating Tips



1. Choose Foods that Are Nutrient Dense

- **Nutrient Dense: Foods that have a lot of important nutrients, but few calories.**
 - **Choosing foods that are nutrient dense are better for your overall health.**



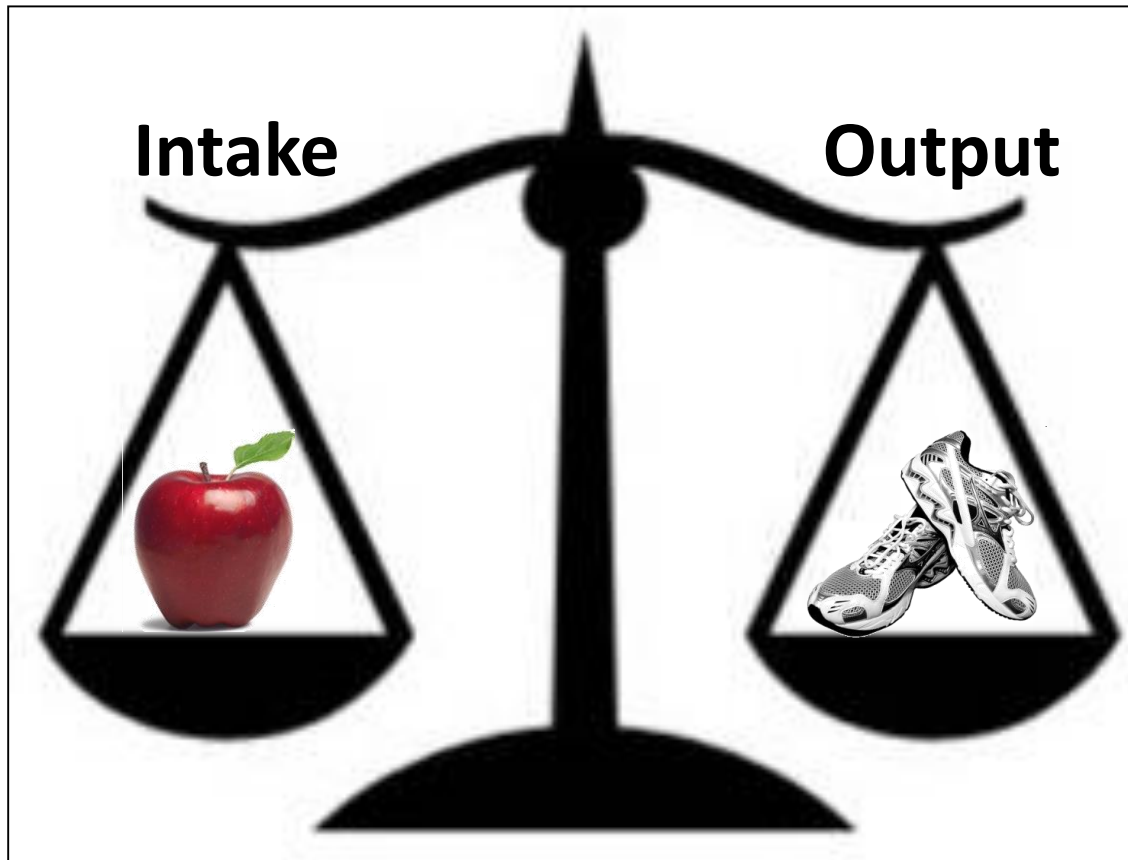
2. Avoid Eating Too Many Empty Calories

- **Empty Calories:** Foods that have a lot of solid fats, sugar and calories, but few important nutrients.
- In some foods, like candies and sodas, ALL of the calories are empty calories.



3. Balance Calories to Manage Weight

- **Control total calorie intake to manage body weight.**



4. Increase Physical Activity

- **Teens should be active at least 60 minutes or more each day.**



5. Reduce Screen Time

- **Spend less time in front of the TV, video games and phones and more time being physically active.**



6. Enjoy Your Food, But Eat Less

- **Avoid oversized portions.**



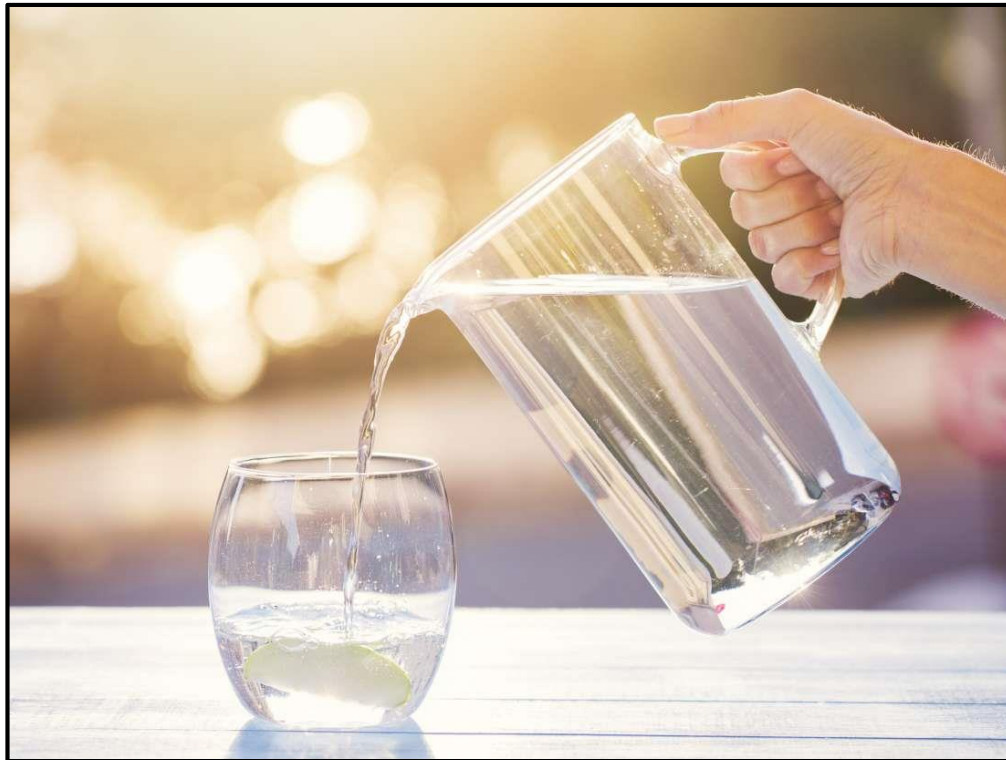
7. Reduce Sodium in Foods

- **Use food labels to choose lower sodium versions of foods like soup, bread, and frozen meals. Look for foods labeled “low sodium”, “reduced sodium”, or “no salt added.”**



8. Drink Water Instead of Sugary Drinks

- **Drink water or unsweetened beverages. Soda, energy drinks, and sports drinks have added sugar and calories.**



9. Follow a Healthy Eating Pattern Across the Lifespan

- **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.**



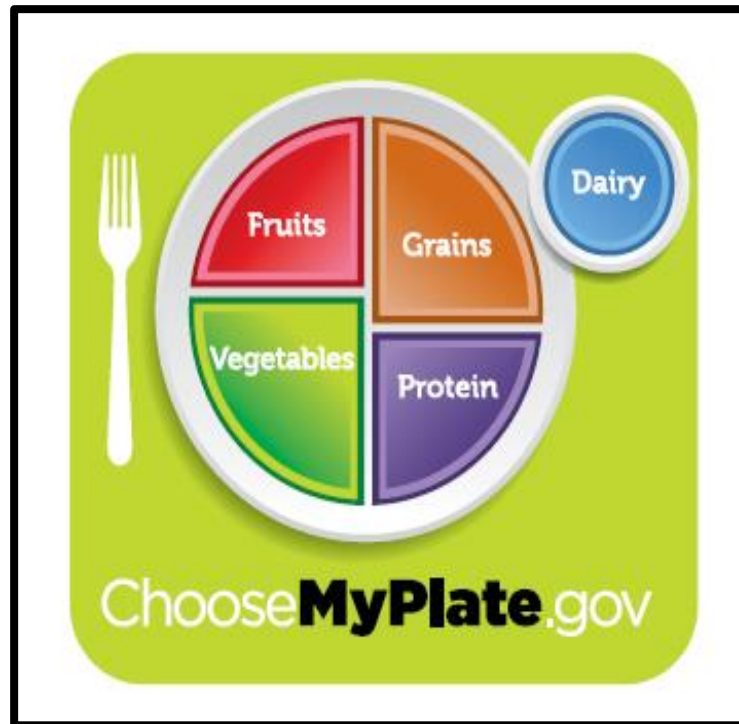
10. Support Healthy Eating Patterns for All

- **Everyone has a role in helping to create and support healthy eating patterns.**



11. All Food Groups are Important for Good Health

- **Each food group provides some, but not all, of the nutrients you need.**
- **Eating a variety ensures you get all the nutrients you need.**



12. Practice Healthy Eating Patterns

- Understand and read food labels.
- Balance the essential nutrients for a healthy diet.

