



Nutrition Facts

Five Steps to Good Nutrition and Health

1. Eating right and being physically active are keys to a healthy lifestyle.

The food and physical activity choices you make daily—affect your health and how you feel today and in the future.

2. Make smart choices from every food group.

Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods everyday. Just be sure to stay within your daily calorie needs.

Go to the website: www.mypyramid.gov

to obtain an estimate of your calorie needs. Other tips include: make half your grains whole, eat a variety of fruits and vegetables, go easy on fruit juice, go low-fat or fat-free when you chose milk, yogurt, or cheese, and chose low-fat or lean meats and poultry.

3. Get the most nutrition out of your calories.

Choose the most nutrient-rich foods you can from each food group each day; Chose those foods packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Examples are fresh fruits and vegetables!

4. Find your balance between food and physical activity.

Regular physical activity is important for your overall health and fitness. It also helps control body weight, promotes a feeling of well being, and reduces the risk of chronic diseases. Try to incorporate more physical activity, such as walking as part of your day.

5. Play it safe with foods.

Prepare, handle, and store foods properly to keep you and your family safe. Keep raw meats and poultry separate from other foods during storage and preparation. Wash your hands frequently when preparing foods.



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition

