











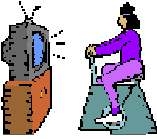


















30 MyPyramid Steps to a Healthier You

By Alice Henneman, MS, RD & Extension Educator, University of Nebraska-Lincoln Extension in Lancaster County
MyPyramid's slogan "Steps to a Healthier You" indicates we can benefit from taking daily small steps to improve our diet and lifestyle. Here are some steps from <http://mypyramid.gov> to get started.

| | | | | | |
|---|---|--|--|--|--|
| <p>1 On the Internet, go to http://mypyramid.gov and calculate your personalized "My Pyramid Plan."</p>  <p>MyPyramid.gov STEPS TO A HEALTHIER YOU</p> | <p>2</p>  <p>Order veggie toppings for your pizza like mushrooms, green peppers and onions.</p>  | <p>3</p> <p>Eat foods and Beverages low in "added sugars." Naturally occurring sugars such as those which are in milk and fruits do not count as added sugars.</p> | <p>4</p>  <p>Vary your fruit choices. Fruits differ in nutrient content.</p>  | <p>5</p> <p>Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.</p>  | <p>6</p>  <p>Select vegetables with more potassium often, such as sweet potatoes, white potatoes, winter squash, tomato products, beet greens, spinach, dry beans and split peas.</p> |
| <p>7</p> <p>Choose grain products which name one of the following whole-grain ingredients first on the ingredient list: brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, wild rice.</p> | <p>8</p> <p>Dried fruits make a great snack. They're easy to carry and store well. Because they're dried, 1/4 cup is equal to 1/2 cup of other fruits.</p>  | <p>9</p>  <p>Sauces or seasonings can add calories, fat and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.</p> | <p>10</p> <p>Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer or dancing are all good examples of being active. For health benefits, physical activity should add up to at least 30 minutes a day.</p> | <p>11</p> <p>Try a main dish salad for lunch. Go light on the salad dressing.</p>  | <p>12</p> <p>For a change, try brown rice or whole-wheat pasta.</p>  |
| <p>13</p> <p>If you avoid milk because of lactose intolerance, try using a lactose-free milk, consuming the enzyme lactase before consuming milk or using a calcium fortified soy or rice beverage. <i>Bioavailability of calcium from nondairy foods may vary.</i></p> | <p>14</p> <p>Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.</p>  | <p>15</p> <p>Do exercises or pedal a stationary bike while watching television.</p>  | <p>16</p> <p>Many vegetables taste great with a dip or dressing. Try a lowfat salad dressing with raw broccoli, cauliflower, red and green peppers or celery sticks.</p>  | <p>17</p>  <p>Physical activity may include short bouts of moderate-intensity activity. The accumulated total is what is important and can be accumulated through three to six 10-minute bouts over the course of a day.</p> | <p>18</p>  <p>Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.</p> |
| <p>19</p>  <p>Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.</p> | <p>20</p> <p>Park farther from your destination (work, shopping, etc.) and walk the rest of the way.</p>  | <p>21</p> <p>Look for fish rich in omega-3 fatty acids, such as salmon, trout and herring.</p>  | <p>22</p>  <p>Stock up on frozen vegetables for quick and easy cooking in the microwave.</p> | <p>23</p>  <p>Substitute whole wheat for up to half of the flour in pancake, waffle, muffin or other flour-based recipes.</p> | <p>24</p> <p>If you drink lattes or cappuccinos — ask for them with fat-free (skim) milk.</p>  |
| <p>25</p>  <p>Refrigerate or freeze perishables, prepared food and leftovers within TWO hours.</p>  | <p>26</p> <p>Use the Nutrition Facts label and choose grain products with a higher % Daily Value (%DV) for fiber — the %DV for fiber is a good clue to the amount of whole grain in the product.</p>  | <p>27 Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice.</p>  | <p>28</p> <p>For dessert, make pudding with fat-free or low-fat milk.</p>  | <p>29</p> <p>Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.</p>  | <p>30</p>  <p>For fresh fruit salads, mix apples, bananas or pears with acidic fruits like oranges, pineapple or lemon juice to keep them from turning brown.</p> |