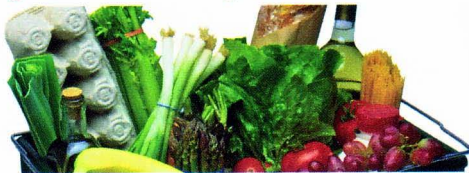


The Road to Living Healthier with Coach Collins

Strategies for Eating Nutritious Each Day



Set a goal to modify and/or improve your eating habits by including more nutritious foods each day. Get started today on your journey to a healthier you by making a commitment to do one or more of the following:

- **Eat at least 2 cups of fruit and 2½ cups of vegetables each day.**
- **Eat at least 6 servings of grains each day (i.e., ¾ cup dry cereal; 1 small slice of whole grain bread; or ½ cup of cooked cereal, pasta, rice or other grains).**
- **Eat 2 to 3 servings of low-fat dairy products each day. A serving of dairy is 1 cup of low-fat or soy milk. If you do not eat dairy products, choose nonmilk sources of calcium such as calcium-fortified orange juice.**
- **Limit your meat, fish and poultry intake to no more than 6 ounces each day. This is about the size of two decks of cards.**
- **Choose homemade and fresh foods instead of packaged or processed foods.**
- **Use monounsaturated fats such as olive or canola oil when cooking instead of shortening, butter or margarine.**

This tip is provided for your nutritional consideration only. It is not intended to replace the medical advice of your doctor or health care provider. Please consult your doctor or health care provider for advice about your specific needs.