

# Wellness Eat Smart, Get Active, Live Well



# Food and Lifestyle Choices

A Healthy You!

our life is filled with choices! Every day you make thousands of choices, many related to food. Some seem trivial. Others are important. A few may even set the course of your life. But as insignificant as a single choice may seem, when made over and over, it can have a major impact on your health—and your life!

This book is about choices—those you, your family, and your friends make every day about food, nutrition, physical activity, and health. Within its pages, you'll find reliable nutrition information and sound and positive advice based on current scientific evidence. You'll find useful "how-tos" for making healthful food choices in almost any situation and at every stage of life. You'll learn about preparing healthful food at home and ordering carefully when you eat out—and to enjoy the pleasures and flavors of meal-time. After all, taste is the number one reason most people choose one food over another.

Most important, the practical tips, flexible guidelines, and simple tools in these pages help you choose nutritious, flavorful foods to match your personal needs, preferences, and lifestyle—even as your life and family situation change. Eating for health is one of the wisest decisions you'll ever make!

#### Wellness: Your Overall Health

What does wellness mean to you? Perhaps being free of disease and other health problems? Or having plenty of energy, a trim or muscular body, or the ability to finish a 10K run or fitness walk? Actually, wellness is far broader and more personal. It refers to your own optimal health and overall well-being. Wellness, or fitness, is your good health at its very best. Being nutritionally fit is a wellness essential!

Wellness defines every aspect of health—not only your physical health but also your emotional and mental well-being. In fact, they're interconnected. And smart eating and active living are fundamental to all three. When you're fit, you have:

- energy to do what's important to you and to be more productive;
- stamina and a positive outlook to handle the mental challenges and emotional ups and downs of everyday life, and to deal with stress;
- reduced risk for many health problems, including serious, often life-changing diseases such as heart disease, cancer, type 2 diabetes, and osteoporosis;
- the chance to look and feel your best;
- physical strength and endurance to protect yourself in case of an emergency;
- a better chance for a higher quality of life, and perhaps a longer one, too!

The benefits of overall wellness are ageless! Wellnourished, physically active children and teens grow, develop, and learn better. Good nutrition helps ensure a healthy pregnancy and successful breast-feeding. Healthful eating and active living help people at every

age and stage of life feel their best, work productively, and lower their risks for some diseases—and may even slow aging. The sooner healthful eating and regular physical activity become priorities, the better your overall health will be.

#### **The Health Equation**

Healthful eating and active living are among your best personal investments. Your genes, age, surroundings, lifestyle, health care, and culture strongly influence your health. What and how much you eat and how much you move profoundly impact your health and weight, too.

For wellness you don't need special or costly foods, or fancy exercise equipment or a health club mem-



#### Ready for Healthier Eating?

Where do you fit on this healthy eating readiness test?

- "My food choices are okay as they are." Okay, that's your decision. But read on to find out why you might consider a few steps in the future to eat for better health (and perhaps to move more, too).
- "I'll change my eating habits sometime, but I can't make myself do it now." Good initial thought. Consider the pros and the cons as you decide. Check here for sensible, realistic ways to eat smarter (and get active)—but now rather than later. The sooner you start, the greater the benefits.
- "I'm ready to eat smarter, starting now." Good—you can do it! Check the tips throughout the book for small steps to healthful eating that work for you. As you achieve them, try a few more. Be active, too.
- "I'm already a 'healthy eater." Great, keep it up! Flip through this book for more practical ways to eat smart. In fact, get adventuresome with your eating. And take time for active living.
- "Healthy eating and active living are second nature to me." Excellent! Share the practical advice here and your own success with someone else. The health benefits are your rewards. If you stray from time to time, identify why, address the reason or reasons, and get back on board.

bership. You don't need to give up your favorite foods, or set up a tedious system of eating rules or calorie counting. And you don't need to hit a specific weight on the bathroom scale. You do need a sensible way to eat smart and be active, with an approach that's right for you. You're in control. You can do that, one simple step at a time.

Nutrition: You've heard the term all your life. In a nutshell, nutrition is how food nourishes your body. Being well nourished depends on getting enough of the nutrients and calories your body needs—but not too many calories—and on keeping your weight within a healthy range.

Being active? It's not being busy. It doesn't mean being an athlete. Instead it's making physical activity a regular part of your daily routine, even with everyday tasks of living such as using the stairs, doing yard work, and walking the dog.

These two priorities certainly aren't the only ones that promote fitness. Other lifestyle choices throughout your life are important, too: get enough sleep, avoid smoking, manage stress, drink alcoholic beverages only in moderation (if you drink and are of legal age), wear your seat belt, observe good hygiene, get regular medical checkups, obtain adequate health care—to name a few.

#### **Smart Eating Matters!**

Our understanding of nutrition is based on years of scientific study. Yet interest in food and health actually dates back at least to the ancient Greeks. Hippocrates, the "Father of Medicine" born about twenty-five hundred years ago, is quoted as saying, "If every individual could have the right amount of nourishment and exercise, not too little and not too much, we should have found the safest way to health."

Not until the nineteenth century, however, did the mysteries of nutrition begin to unravel. Today, although scientists have answered many nutrition questions, new ones arise as knowledge evolves. Research continues as scientists explore emerging issues related to food, nutrients, and phytonutrients, and the many roles they play in promoting health and protecting against disease. New knowledge is evolutionary, not revolutionary!

Today we know that healthful eating and active living can lower your risks for overweight and obesity,

high blood pressure, high blood cholesterol, high blood glucose, and low bone density. All are risk factors for serious diseases such as heart disease, certain cancers, type 2 diabetes, stroke, and osteoporosis, which are among the main causes of disability and death in the United States.

Today's nutrition guidance is supported by scientific evidence. So unlike the ancients, you have a well-founded basis for making wise food choices for health and your own well-being.

#### **Smart Eating: Right for You, Too!**

Why do you choose one food over another? Your food choices reflect you and what's important to you: your culture, your surroundings, the people around you, your view of yourself, the foods available to you and those foods you like, your emotions, and likely what you know about food and nutrition.

Besides the nutrition benefits, food is also a source of pleasure, adventure, and great taste. It's no surprise that people entertain and celebrate with food, or look forward to a special dish.

Good nutrition can go hand in hand with pleasurable meals. Throughout this book, you'll find many easy ways to make your "plate" more appealing—and at the same time, more nourishing. You'll not only learn the "whys" of healthful eating and being active, you'll also learn how to be successful at managing your weight—and how to keep your family healthy. In addition, you'll gain insights and get tips about buying, preparing, serving, and eating foods you like in the right portion size—and about trying new foods—to promote health.

For a quick visual cue to healthful eating, see "MyPlate" in this chapter and chapter 10.

# Smart Eating, Active Living: Guidelines for Americans

What's the secret to health? There's no secret, just solid advice. Most Americans need to make wiser food choices, to reach and keep a healthy weight, and to get active. To set the stage and promote healthful eating and physical activity, guidelines have been established by the federal government to help: Dietary

Guidelines for Americans and Physical Activity Guidelines for Americans.

#### **Eat Smart: Dietary Guidelines for Americans**

The Dietary Guidelines for Americans (DGA) provides advice for making informed food choices, consuming the right amount of calories for you, and being physically active. The goals: to promote overall health and a healthy weight, and to reduce the chance of disease. Issued jointly by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (USHHS), the DGA 2010 presents authoritative guidance for Americans ages two and over, including people who are at higher risk for chronic disease. The advice reflects current scientific evidence. To form that advice, experts completed a rigorous, systematic review of the evidence in a process that was transparent and open to the public.

Reviewed and updated as necessary, the Dietary Guidelines are published every five years to reflect the evolving body of scientific evidence about nutrition and health. Nutrition is, after all, a dynamic science that continues to expand our knowledge over time. The latest guidance also takes into account the many factors that affect food and physical activity choices.

You may wonder why this advice doesn't apply to toddlers and infants. There are two main reasons: First, their nutritional needs and eating patterns vary and depend on their developmental stage, and second, their needs differ a lot from those of older children, teens, and adults.

Although the DGA is meant to set policy, its messages are applied in many places where you can access food. These guidelines provide the scientific basis underlying many nutrition initiatives such as setting nutrition policies; designing nutrition programs for children and mothers, school food service providers, those receiving food assistance, older adults, and more; teaching children and teens about nutrition; and communicating with consumers about sound nutrition and active living.

The Dietary Guidelines for Americans, 2010, fit into four key areas, with twenty-three general recommendations and six more for special groups such as pregnant and breast-feeding women and older adults. The guidelines overlap in many ways, making it easier to



## Track Your Food Choices, Make Your Eat Smart Plan!

Want a snapshot view of what you eat and how much you move in a day, several days, or even over weeks? There's an easy, personalized way to plan, track, and assess your overall eating pattern and physical activity level.

Whether from a cell phone or a home computer, use the SuperTracker at www.ChooseMyPlate.gov to compare your food choices to the 2010 Dietary Guidelines for Americans to find out about foods in the marketplace and to see steps you can take to improve. Online and interactive, the SuperTracker can be your coach, journal, and source of social media support.

fit the advice into your total diet. See the appendices for all recommendations. The guidelines are summed up in two overarching concepts with an important premise: most nutrients should come from food.

- Maintain calorie balance over time to achieve and sustain a healthy weight.
- Focus on consuming nutrient-dense foods and beverages.

Let's start with an overview of the four key areas of the Dietary Guidelines' advice. Then, armed with information and practical strategies throughout this book, apply the advice to your food and lifestyle choices—and do it your way, as long is as you stay within your calorie needs! *To start, refer to "Ready, Set, Take Action" in this chapter.* 

#### **Healthy Weight, Healthy Life**

#### Balance Calories to Manage Weight

The incidence of overweight and obesity is much higher in the United States today than just a few decades ago. The risks are significant. At every age, a healthy weight is fundamental to a long, healthy, and productive life. For children and adults, even a few excess pounds may be riskier than you think. Research shows that being overweight or obese increases the risk for high blood pressure, unhealthy blood lipid

(fats) levels, and prediabetes. But obesity also is linked to type 2 diabetes, heart disease, certain cancers, and even premature death. Chapter 2 addresses reasons for the rise in overweight and obesity, including scientific evidence that links food choices to weight.

Calorie balance is key to a healthy weight. Calorie balance is achieved when the calories consumed from food and drinks equal the calories used for physical activity and metabolic processes. On the flip side, calorie *imbalance*, or consuming more calories than the body uses, is the reason for the growing national and global epidemic of overweight and obesity, and not just among adults. Overweight among children and teens has risen dramatically within recent decades.

No matter what your age, pay attention to your weight. Set your goal on achieving or keeping a weight that's healthy for you. Your calorie needs will likely decrease gradually over adulthood. Strive to keep your healthy weight over the years; children and teens who keep their healthy weight as they grow have less chance of becoming overweight or obese as adults.

Reaching and keeping a healthy weight isn't always easy. Lifestyle, your food environment, and social pressure are among the many barriers that enable overeating and inactivity.

To achieve and maintain a healthy weight, improve your eating habits and be physically active. That means controlling the calories you consume from all your food and beverage choices and cutting back on your intake if you need to lose weight. Also, fit more physical activity into your day and spend less time in sedentary activities such as TV watching and computer time.

What's your measure of health? Check chapter 2 to learn how to be successful at weight management.

#### **Click Here! Websites to Know...**

- Dietary Guidelines for Americans, 2010, www.dietaryguidelines.gov
- 2008 Physical Activity Guidelines for Americans, www.health.gov/paguidelines
- MyPlate (visual cue for healthful eating), www.ChooseMyPlate.gov
- Let's Move, www.letsmove.gov

For specific advice on healthy weight for children, pregnant and breast-feeding women, and those with chronic disease, see chapters 17, 18, and 22.

#### **Eat Less of These!**

#### Foods and Food Components to Reduce

Whether you're at a healthy weight or not, you may need to limit certain foods and food components.

Regardless of body weight, many people (children and teens included) consume too much of these: sodium; solid fats (major sources of saturated fats and *trans* fats); cholesterol (by most men); added sugars; refined grains; and by some Americans, alcoholic drinks. Too much of these may increase the risks of certain chronic diseases. When too much of them replaces nutrient-dense foods, it's harder to meet nutrient recommendations and control calories.

Evidence shows that most people can cut back and so reduce their health risks while getting the nutrients they need. What should you cut back on?

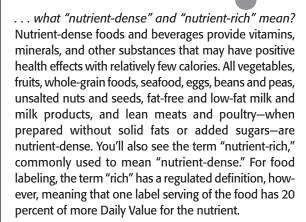
*Sodium.* Sodium is an essential nutrient, and besides adding flavor, it has many important uses as a food ingredient. So why eat less?

Most Americans consume much more sodium than they need, on average 3,400 milligrams (mg) a day. Generally speaking, evidence shows that the higher the sodium intake, the higher the blood pressure. Conversely, when sodium intake goes down, so may blood pressure. Keeping blood pressure in a normal range decreases the risk for heart disease, congestive heart failure, and kidney disease.

Recommendation: Reduce sodium intake to less than 2,300 milligrams of sodium daily, or 1,500 milligrams if you are age fifty-one years or older, or if, for any age, you are African American or have high blood pressure, diabetes, or chronic kidney disease. The 1,500-milligram daily recommendation applies to about half the U.S. population, including children and most adults.

The main source of sodium in the U.S. diet is processed food, not the salt shaker. Use the Nutrition Facts on food labels to find and buy foods with less sodium; remember, it all adds up. Consume more fresh foods and fewer processed foods that are high in sodium. Eat more foods prepared at home, where you control the amount of sodium, and use little or no salt or salt-

#### Have You Ever Wondered



... if your exercise level is of moderate intensity? Take the "talk-sing" test to find out. If you can talk comfortably as you move, that's moderate activity. If you're too breathless to talk, that activity may be vigorous. If your goal is moderate activity, you might need to slow down, but remember that vigorous activity has added benefits. If you can sing, that's light-intensity activity; step up your pace! For another way to target your workout intensity, refer to "Your Physical Activity: How Intense?" in chapter 20. Also see "Moderate Activity: What Is It?" in this chapter.

containing seasonings. When you eat out, order lowersodium items if you can, or ask that salt be left out.

Sodium is found in a wide range of foods, so the more foods and drinks consumed, the greater potential for more sodium intake. Cutting back on food portions to cut calories also may help to reduce sodium.

For more about sodium, refer to chapters 6 and 7. Chapter 10 describes the DASH Eating Plan, which targets sodium at 2,300 mg daily or less. For more ways to manage blood pressure, see chapter 22.

Fats. Fat is another nutrient that's essential for health—and for children's growth. Besides supplying energy, it contains essential fatty acids and carries fat-soluble vitamins (A, D, E, and K) and carotenoids (phytonutrients) into your bloodstream. Fat has other roles in health as well. The Institute of Medicine recommends 20 to 35 percent of calories from total fat intake for adults. This range is linked to a lower risk of chronic disease, yet allows for an eating plan with enough

essential nutrients. The appendices and chapter 5 list ranges for other age groups.

Scientific evidence shows that the type of fat consumed affects heart disease risk more than the amount. Too much solid fats (saturated fats and *trans* fats) and cholesterol are linked to a higher risk for unhealthy levels of blood cholesterol and for heart disease. The effect of dietary cholesterol is small compared to the effect of solid fats. High-fat diets tend to be high in solid fats and excess calories.

Recommendations: Strive to eat less than 10 percent of calories from saturated fats; replace saturated fats with monounsaturated and polyunsaturated fats, and consume fewer than 300 milligrams of cholesterol per day. Keep *trans* fatty acids as low as possible by limiting foods that contain *trans* fats, such as partially hydrogenated oils; limiting other solid fats; and reducing calories from solid fats.

As your sources of fat, choose foods such as oily fish, nuts, and vegetable oils, which contain mostly heart-healthy oils (high in polyunsaturated and monounsaturated fatty acids). Limit saturated fats and replace them with heart-healthy oils. Limit solid fats in your cooking and food choices, too. For example, trim fat from meat, remove poultry skin, use less butter and stick margarine, and choose low-fat and fatfree foods such as milk and milk products. Eat smaller portions of foods that contain solid fats, such as regular cheese, sausage, bacon, pizza, and grain-based desserts. When you limit saturated fats, you often lower cholesterol in your food choices, too.

For more about fats, solid fats, and cholesterol, refer to chapter 5, "Fat Facts."

Added Sugars. Added sugars supply calories, but certain foods with added sugars deliver little else nutritionally. Then why are they added? To sweeten foods and drinks, to add flavor, to help preserve food, and to provide other qualities, such as improved texture, that add appeal.

While sugars are naturally present in food, most sugars in the typical U.S. diet are added during food processing, preparation, or at the table. Added sugars contribute 16 percent of the total calories in the U.S. diet; cutting back on foods and drinks with added sugars can lower calories without compromising nutrition adequacy. That said, a little sweetener has a role in

## Eat Better Today, Stay Healthy for Tomorrow

The Dietary Guidelines describes a healthy eating plan as one that limits the intake of sodium, solid fats, added sugars, and refined grains, and emphasizes nutrient-dense foods and beverages, vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds.

A healthy eating pattern with careful food handling does more than promote health and help to decrease the risk of chronic disease. It also helps to prevent foodborne illness.

MyPlate, as well as the USDA Food Patterns and the DASH Eating Plan (see chapter 10), can help you use the Dietary Guidelines to:

- find your balance between food and physical activity to manage your weight;
- reduce food and food components linked to increased health risks;
- increase food and nutrients that promote health while staying within your calorie needs;
- build a healthful eating pattern.

Source: Based on the Dietary Guidelines for Americans, 2010.

healthy eating. For example, a little sweetener added to some yogurts and breakfast cereals may encourage people to consume them and get the vitamin D, calcium, and/or fiber they provide.

Recommendation: Reduce calories from added sugars and caloric sweeteners, such as those in sugar-sweetened drinks. Simply replacing sweetened drinks with water or with unsweetened options or using less table sugar makes a difference.

What about tooth decay? Both added sugars and naturally occurring sugars contribute to decay, as do starches, another form of carbohydrate.

For more about carbohydrates refer to chapter 3.

Solid Fats and Added Sugars. The 2010 Dietary Guidelines expresses concern about calories from excessive amounts of both solid fats (saturated fats and *trans* fats) and added sugars. Together they provide about 35 percent of calories, or nearly 800 calories a day on average for Americans who eat 2,000

calories daily. Foods that contain them may not contribute much nutrition.

For weight management, the source of calories isn't really the issue; eating too many calories is. Foods with solid fats and added sugars won't promote weight gain any more than other calorie sources do—if calorie intake balances with calorie need (calories used).

For most people, no more than 5 to 15 percent of calories, or 100 to 300 calories in a 2,000-calorie eating plan, should come from solid fats and added sugars. A higher percentage makes it difficult to get enough vitamins, minerals, and fiber and still stay within calorie limits.

How do you limit foods and drinks with added sugars and solid fats? Eat more nutrient-dense foods such as an apple rather than a slice of apple pie, or lean ham instead of bacon. Read food labels and be aware—Nutrition Facts list only amounts of total carbohydrates and total sugars, not added sugars; you'll need to read the ingredient list, too. Solid fats are shown as saturated fats and *trans* fats in the Nutrition Facts. *Chapter 12 gives label reading tips*. When you do choose to consume soda, cake, or other foods or drinks with solid fats or added sugars, take smaller portions and eat these foods less frequently.

Refined Grains. Switch your grains. Eat more whole grains and fewer refined grain products. Here's why: When grains are refined, vitamins, minerals, and fiber are lost. Although refined grains are enriched to add some nutrients back, all the nutrients and fiber found in whole grains aren't routinely restored to refined grain products. That said, refined grain products are typically enriched with B vitamins and iron and fortified with folic acid. Limit those high in solid fats and added sugars. This includes cookies and cakes.

*Recommendation:* Make at least half of all grain choices whole grains. Choose enriched, refined grain products with less solid fat and added sugars.

Alcohol. Alcoholic beverages should be consumed only in moderation—up to one drink a day for women and two for men—and only by adults of legal drinking age. A drink is 12 ounces of regular beer (5 percent alcohol), 5 ounces of wine (12 percent alcohol), or 1.5 fluid ounces of 80-proof (40 percent alcohol) distilled spirits.

Moderate drinking may have some health benefits,

perhaps lowering the risk for heart disease. It also may help people retain their cognitive function as they age. Yet, these possibilities are no reason to start drinking or to drink an extra glass or two. In fact, even moderate drinking can be a health issue. As little as one drink a day may increase slightly a woman's risk for breast cancer. Drinking is also linked to a higher risk for violence, drowning, and injuries from falls and motor vehicle accidents.



#### Ready, Set, Take Action!

Make food choices for a healthier lifestyle. Choose steps like these—and start today!

#### **Balancing Calories**

- Enjoy your food, but eat less.
- Avoid oversized portions.

#### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1 percent) milk.

#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Throughout this book, you'll find many more easy steps like these. See chapters 10 and 11 to learn how to set your table with MyPlate website advice.

Source: www.ChooseMyPlate.gov.

Excessive drinking is risky and has no benefits. In fact, it's linked to higher chances of liver disease (cirrhosis), high blood pressure, stroke, type 2 diabetes, certain cancers, injury, and violence. Over time, excessive drinking is linked to weight gain and can impair both short- and long-term mental function. It also leads to about seventy-nine thousand deaths in the United States annually. Binge drinking is linked indirectly to more risks, including sexually transmitted diseases, unintended pregnancy, and violent crime.

What's excessive? Heavy or high-risk drinking for women is more than three drinks on any day or more than seven a week; for men, more than four drinks a day or more than fourteen per week. Binge drinking is four or more drinks in two hours for women, and five or more for men.

When should you avoid drinking? Whenever you put yourself and others at risk! Don't drink at all if you can't restrict your drinking to moderate amounts; if you're under the legal drinking age; if you're taking prescription or over-the-counter medications that can interact with alcohol; if you have certain medical conditions (such as liver disease, hypertriglyceridemia, or pancreatitis); or if you plan to drive, operate machinery, or take part in other activities that require your attention, skill, and coordination, or in situations where impaired judgment could cause injury or death. Also, don't drink if you're pregnant or think you may be pregnant, as drinking, especially in the first few months, is linked to behavioral and nervous system problems for the offspring.

For more about alcoholic beverages, advice and risks, refer to "Alcoholic Beverages: In Moderation" in chapter 8. For guidance related to breast-feeding, see chapter 18.

#### **Eat More of These!**

#### Foods and Nutrients to Increase

Eating a variety of nutrient-dense foods every day is basic to good nutrition, health, and weight management. Nutrient-dense foods provide relatively few calories for the nutrients they contain.

Today we know much more about the healthpromoting nutrients in vegetables; fruits; whole grains; fat-free and low-fat milk and milk products; protein foods, including seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds; and oils. Together, these foods also provide nutrients such as potassium, calcium, vitamin D, and fiber, which many people don't consume enough of. Their lack is a public health concern.

Vegetables and Fruits. Despite their health benefits, most people don't consume enough vegetables and fruits. Whether they're fresh, frozen, canned, or dried, fruits and vegetables are major sources of often underconsumed nutrients, including folate, magnesium, potassium, fiber, and vitamins A, C, and K. Evidence shows that consuming enough fruits and vegetables is also linked to a lower risk of many chronic diseases and may help protect against certain types of cancer. If prepared without adding fats or sugars, fruits and vegetables are relatively low in calories. As a result, eating more of them may help you achieve and keep your healthy weight.

Recommendation: Eat more vegetables and fruits. Include a variety of colorful vegetables, especially dark-green, red, and orange vegetables, and beans and peas.

Many children and young adults consume more than half of their fruit as juice. Instead, for the fiber benefits, choose mostly whole fruit rather than juice. When choosing juice, make sure it is 100 percent juice. Also, choose fruit canned in juice rather than syrup to limit added sugars.

Whole Grains. While most people eat enough grain products, very few consume enough whole grains.

Recommendation: Make at least half the grains you eat whole, replacing refined grains with whole grains. Whole-grain foods are made from the entire grain kernel: the fiber-rich bran and germ, and the endosperm. Refined grains contain mostly the endosperm.

Why emphasize whole grains? They're important sources of iron, magnesium, selenium, B vitamins, and fiber. Eating whole grains may help reduce the risk of heart disease and may be linked to a lower body weight. Although evidence is limited, eating whole grains also may be associated with less risk of type 2 diabetes.

The fiber in whole grains varies. So choose those with more fiber (at least 3 grams or more per label serving) for more health benefits.

If at least half of your grains are whole, what about the other half? Make them enriched or whole grain, too. Enriched grain products are fortified with certain B vitamins and iron to replace those lost when grains are refined. They're also fortified with folic acid, whereas whole grains may not be.

Making at least half your grains whole can be tricky. See chapter 10 to learn how.

Low-Fat/Fat-Free Dairy Foods. These foods deliver many important nutrients, including some that people often lack enough of: calcium, vitamin D (if vitamin D–fortified), and potassium. Beyond that, consuming dairy foods appears to be linked to better bone health, a reduced risk of heart disease and type 2 diabetes, and lower blood pressure in adults.

Despite the benefits of milk, milk products, and fortified soy beverages, most people from ages four and up, and even many two- and three-year-olds, don't consume enough. Females consume less than males, and intake tends to decline with age. Of the dairy foods consumed in the United States, a relatively small percentage are low-fat or fat-free. Nearly half is in the form of cheese, little of which is low-fat.

Recommendation: Consume more low-fat and fat-free milk and milk products, and replace whole and full-fat products with low-fat and fat-free choices as a way to eat less solid fats. Low-fat and fat-free milk and yogurt also have more potassium and vitamins A and D and less sodium, cholesterol, and saturated fat than cheese.

If you don't or can't drink milk, try low-lactose and lactose-free milk products and/or soy beverages fortified with calcium and vitamins A and D.

Lean Protein Foods. Whether from seafood, meat, poultry, eggs, beans, peas, soy products, nuts, or seeds, these foods provide more than protein. They're all good sources of B vitamins, vitamin E, iron, zinc, and magnesium. Seafood, nuts, and seeds deliver more unsaturated fats than meat does.

Recommendations: Replace meat and poultry that have solid fats with those lean protein foods that are lower in solid fats and calories; some are good sources of oils, too. Eating a variety of protein foods delivers a host of benefits. For example, moderate evidence indicates that eating peanuts and tree nuts reduces risk factors for cardiovascular disease. Consume them in small amounts and in place of other protein foods; their oils may play a role in heart health. Fiber and other nutri-

ents in beans and peas have many health benefits; *see chapter 3*.

More variety means eating more seafood in place of some meat and poultry, too. Among seafood's unique benefits are its omega-3 fatty acids; *see chapter 5*. How much seafood should you eat? Eight ounces or more a week (less for young children), or about 20 percent of your protein foods, is linked to lower cardiac deaths for those with and without preexisting cardiovascular disease. *For guidelines on eating seafood during pregnancy and breast-feeding, see chapters 13 and 18*.

Oils. Why have advice about oils? First, they contribute essential fatty acids and vitamin E. Second, oils that are high in unsaturated fats are heart healthier than solid fats, which are more saturated. Most Americans consume more solid fats—and less oil—than advised.

Recommendation: Because oils are a concentrated calorie source, switch from solid fats to oils rather than consume more oil. Small amounts are enough! Among the sources are vegetable oils such as canola, corn, olive, and soybean oils, as well as avocados, nuts, olives, and seafood. See chapter 5 to learn more.

For more about all these nutrient-dense foods, the amounts you need, and fitting them into your daily meals and snacks, refer to chapters 10 and 11. Check chapter 17 for specific advice for children and teens.

Nutrients of Concern. Potassium, calcium, vitamin D, and fiber come up short in the eating patterns of most Americans. Some groups of people also are short on iron, folate, and/or vitamin B<sub>12</sub>. Refer to chapter 6 to learn about these vitamins and minerals, and chapter 3 to learn about fiber. Check the appendices for nutrient amounts recommended for you.

#### **Plan Your Meals and Snacks**

#### Building Healthy Eating Patterns

How can you apply the advice just described to your day's food choices? How can you choose meals and snacks to stay within your calorie limit, to deliver the nutrients you need, and to reduce your risk for chronic disease? How can you plan healthy meals and snacks for your family?

Several flexible food guides—the USDA Food Patterns, with lacto-ovo-vegetarian and vegan versions, and the DASH (Dietary Approaches to Stop Hypertension) Eating Plan—can help you. They all take cultural, ethnic, traditional, and personal preferences, as well as food costs and food availability, into account. They give you a range of options and respect your personal preferences. Each of these guides categorizes foods into food groups based on nutrient content, and each recommends food group amounts for several calorie levels. They also take into account building a healthful eating pattern with a variety of foods over time. *To learn about the food guides, see chapter 10*.

As you build your own healthy eating pattern:

- Focus on nutrient-dense foods: vegetables, fruits, whole grains, fat-free and low-fat milk and milk products, lean meats and poultry, seafood, eggs, beans and peas, nuts, and seeds. In preparing them, add little or no solid fats, sugars, or sodium. Limit foods and beverages with solid fats, sodium, and added sugars. To fit them into healthful, everyday meals and snacks, refer to chapters 10 and 11.
- Remember that beverages count! You may be surprised that American adults (ages nineteen or over) drink about 400 calories a day, many from regular soda, energy and sports drinks, and alcoholic beverages. Consider drinking milk and juice instead, which provide essential nutrients. Make your milk choices fat-free or low-fat, and choose 100 percent fruit juice. To limit excess calories and maintain a healthy weight, drink water and other beverages with few if any calories. Refer to chapter 8 for more about beverages.
- Be food safe. Foodborne illness strikes more than forty-eight million individuals each year, according to 2011 statistics from the Centers for Disease Control and Prevention, causing mild to severe and even lifethreatening symptoms. A substantial number of outbreaks likely come from unsafe food practices at home. A healthful eating pattern is both nourishing and safe.

Keeping food safe is up to you, not just farmers, food manufacturers, retailers, and restaurant workers. Many cases of foodborne illness could be avoided if consumers handled food carefully. Clean your hands, food contact surfaces, and vegetables and fruits. Cook foods to safe internal temperatures. Separate raw, cooked, and ready-to-eat foods while shopping for, storing, and preparing them. And chill (refrigerate) perishable foods promptly.

Some foods pose a high risk for foodborne illness. *Refer to chapter 13 for tips on keeping food safe.* 

• Be savvy with supplements and fortified foods. *Remember:* foods first for good nutrition. Besides their essential vitamins and nutrients, nutrient-dense foods provide fiber and other health-promoting components. For some people or in certain situations, supplements and fortified foods are advised, such as vitamin D, folic acid, vitamin  $B_{12}$ , or iron supplements. *See chapter 23 for appropriate supplement use.* 

## **Move It! Physical Activity Guidelines** for Americans

Wellness takes more than healthful eating. Regular physical activity promotes health, a sense of wellbeing, and a healthy weight. Yet most Americans don't get enough.

The 2008 Physical Activity Guidelines for Americans (PAG), issued by the U.S. Department of Health and Human Services (USHHS), provides science-based guidance on physical activity and health. Meant for Americans ages six and older, these guidelines can help you improve your health through appropriate physical activity—and have fun, too! This advice complements Dietary Guidelines' advice.

Why be physically active? Evidence shows that regular physical activity reduces the risks for many health problems; some activity is better than none. Most health benefits come from at least 150 minutes (2 hours and 30 minutes) a week of moderately intense physical activity. If you move longer or with more vigor, you get even more benefits. Endurance (aerobic) and muscle-strengthening (resistance) activities are beneficial, too. *Refer to "Ten Reasons to Make the 'Right Moves'" in this chapter.* 

Being physically active is important at every age, including for those with physical disabilities. Just choose activities that work for you. *The bottom line:* Benefits of appropriate physical activity far outweigh possible injury or other health risks for almost everyone.

Unless you have a health concern, you probably can start moving more now. Talk to your healthcare provider first if you have an ongoing health problem—including heart disease, high blood pressure, diabetes, osteoporosis, arthritis, or obesity—or if you're at high risk for heart disease, if you have a disability, or for

women, if you are pregnant. Together determine the amount and type of activities that are right for your abilities or condition.

For the 2008 Physical Activity Guidelines for Americans, refer to the appendices.

#### Get Active, Stay Active, Be More Active

Spread out your physical activity, or do it all at once. Either way you get benefits. If you have been inactive, start gradually. Work up to longer, more intense activities. The 2008 Physical Activity Guidelines and the 2010 Dietary Guidelines provide consistent messages:

• Limit screen time—especially important for kids! That's the amount of time spent watching TV or using other media, such as video and computer games. When you do watch TV, try to move around and "multitask" as you watch or listen; perhaps do some sit-ups, stepping in place, or other exercises.

- Do it your way. Choose activities that fit your lifestyle. For kids, make them fun and appropriate for their physical ability. See "Twenty Everyday Ways to Get Moving" in chapter 2.
- Build up slowly. For your physical activity of choice, do a little more, a little longer, each time. Then do it more often! Move enough to keep fit without overdoing. Keep track with a journal.
- Choose activities with moderate or vigorous intensity. See "Moderate Activity: What Is It?" below. You might gradually replace some moderate activity with vigorous activity for similar health benefits in half the time.
- Vary your activities. Different activities use different muscles: for example, gardening for your arm muscles, power walking or bicycling for your heart and leg muscles, and sit-ups for abdominal muscles. For overall fitness, choose activities that build cardiovascular

#### MODERATE ACTIVITY: WHAT IS IT?

If some activities use more energy than others, you may wonder what moderate physical activity really means. It equates to the energy you need to walk 2 miles in 30 minutes.

Moderate physical activity uses about 3½ to 7 calories a minute, 150 calories a day, or about 1,000 calories a week. For that amount of energy expenditure, you might spend more time on less vigorous activities such as brisk walking, or spend less time on more vigorous activities, such as running.\*

COMMON CHORES	Duration	Less Vigorous,	Sporting Activities	Duration
Washing and waxing a car	45-60 min.	More Time*	Playing volleyball	45-60 min.
Washing windows or floors	45–60 min.	<b>^</b>	Playing touch football	45 min.
Gardening	30-45 min.		Walking 2 miles	30 min
Wheeling self in wheelchair	30–40 min.		Basketball (shooting baskets)	30 min.
Pushing a stroller 1½ miles	30 min.		Dancing fast (social)	30 min.
Raking leaves	30 min.		Water aerobics	30 min.
Shoveling snow	15 min.		Swimming laps	20 min.
Stairwalking	15 min.	$\downarrow$	Basketball (playing a game)	15–20 min.
		More	Jumping rope	15 min.
		Vigorous, Less	Running 1½ miles	15 min.
		Time	1 mile	10 min

<sup>\*</sup> Some activities can be performed at various intensities. The suggested durations correspond to the expected intensity of effort.

Source: Your Guide to Lowering Blood Pressure, NHLBI, www.nhlbi.nih.gov/hbp/prevent/p\_active/m\_l\_phys.htm. Accessed January 1, 2012.

endurance (walking, running, distance biking), muscle strength (heavy gardening, working with resistance bands), bone strength (walking, tennis), and flexibility (stretching, yoga, dancing).

- Get a partner. Being active with family and friends can make it easy and fun!
- Remember: Some physical activity is better than none. So avoid too much sitting. Start with ten-minute chunks, three times a day, three days a week. Perhaps walk; then gradually walk longer, more often, and at a faster pace.

## Your Food Choices: The Inside Story

While you enjoy the sensual qualities of food—the mouth-watering appearance, aroma, texture, and flavor—your body relies on the life-sustaining functions that nutrients in food perform. Other food substances, including phytonutrients (or plant substances), appear to offer health benefits beyond basic nourishment. See chapter 6 to learn about phytonutrients.

#### Ten Reasons to Make the "Right Moves"

hether you're involved in sports or live an active lifestyle, physical activity pays big dividends. The more you do, the greater the health. Physical activity is the right move for fitness for almost everyone. Consider a few reasons why:

- Trimmer body. If you're physically active, you'll have an easier time maintaining a healthy weight, or losing weight and keeping it off if you're overweight. For more about physical activity for weight management, refer to chapter 2, "Your Healthy Weight."
- Less risk for health problems. An active lifestyle or a sports regimen—can help protect you from many ongoing health problems.

Studies show that regular physical activity helps lower risk factors. For example, physical activity helps to lower total and LDL ("bad") cholesterol and triglyceride levels while boosting the HDL ("good") cholesterol level, control blood pressure, and improve blood glucose levels. Your risks for heart disease, high blood pressure, type 2 diabetes, and certain cancers go down when you fit physical activity into your daily life.

Active living also may reduce or eliminate the need for medication to lower blood lipids, lower blood pressure, or manage diabetes.

3. Stronger bones. Regular, weight-bearing activities such as walking, running, weight lifting, and crosscountry skiing—help make your bones stronger. Even in adulthood, weight-bearing exercise helps maintain bone strength and reduce your chance of fractures and osteoporosis.

- 4. Stronger muscles. Strength-training activities, such as lifting weights, at least two times a week keep your body strong for sports and everyday living. When you're strong, it's easier to move, carry, and lift things. When you exercise your muscles, you also give your heart a workout. It's a muscle, too. A strong heart pumps blood and nutrients more easily through your sixty thousand miles of blood vessels.
- **5.** More endurance. You won't tire as easily when you're physically active. And you may have more stamina during the rest of the day, too.
- 6. Better mental outlook. Active people describe feelings of psychological well-being and self-esteem when they make active living a habit. It's a great way to reinforce an empowered attitude and a positive outlook.
- 7. Stress relief and better sleep. Research shows that physical activity helps your body relax and release emotional tension. That promotes longer, betterquality sleep, and you may fall asleep faster.
- **8.** Better coordination and flexibility. Your body moves with greater ease and range of motion when you stay physically active.
- 9. Injury protection. When you're in shape, you more easily can catch yourself if you slip or trip, and can move away from impending danger more quickly.
- 10. Feel better and perhaps younger longer. Research suggests that physical activity slows some effects of aging. Active people have more strength and mobility and fewer limitations.

One more reason: physical activities can be fun!

#### **Exercise Your Options**

For more about the benefits of physical activity—and ways to be more physically active—check here:

- For most healthy people, including those managing their body weight, refer to "Get Physical!" and "Twenty Everyday Ways to Get Moving" in chapter 2.
- For children, refer to "Active Play for Toddlers and Preschoolers" and "Get Up and Move!" in chapter 17.
- For teens, refer to "Move It!" in chapter 17.
- For older adults, refer to "Never Too Late for Exercise" in chapter 19.
- For travelers, refer to "When You're on the Road" in chapter 20.
- For athletes, refer to chapter 20, "Athlete's Guide: Winning Nutrition."

#### **Nutrients: Classified Information**

Your body can't make most substances it needs to function normally, repair itself, produce energy, or grow. You need the varied and adequate nutrient supply that food delivers for nourishment—and for life itself.

To access these nutrients your food choices are digested, or broken down. Then the nutrients are absorbed into your bloodstream and carried to every cell in your body. Most of your body's work takes place in your cells. Food's nutrients are essential. More than forty nutrients in food, classified into six groups, have specific and unique functions. Their work is linked, as they work together in your body's many metabolic processes.

Carbohydrates. As your body's main source of energy, or calories, carbohydrates are both starches (complex carbohydrates) and sugars. Fiber, another form of complex carbohydrate, aids digestion, promotes health, and helps protect against some diseases. Despite its role in health, fiber isn't a nutrient; it isn't digested and then absorbed into the body. See chapter 3, "Carbs: Sugars, Starches, Fiber."

Fats. Fats supply energy. They support other func-

tions, too, such as nutrient transport, growth, and being part of many body cells. Fats are made of varying combinations of fatty acids. Fatty acids aren't all the same. Some are highly saturated (solid at room temperature), while others are more unsaturated. Essential fatty acids are required for your health, although your body can't make them. You'll learn about fat and cholesterol (a fatlike substance) in chapter 5, "Fat Facts: Cholesterol, Too."

Proteins. Proteins are sequenced combinations of amino acids, which build, repair, and maintain body tissues. Your body makes nonessential amino acids; others, from food, are considered "essential" because your body can't make them. Proteins provide energy, especially when carbohydrates and fats are in short supply. If they're broken down and used for energy, amino acids can't be used to maintain body tissue. For more about protein, see chapter 4, "Protein Power."

Vitamins. Vitamins work like spark plugs, triggering chemical reactions in body cells. Each vitamin regulates different body processes. Because their roles are so specific, one cannot replace another. Refer to chapter 6, "Vitamins, Minerals, Phytonutrients: Variety on Your Plate."

*Minerals*. Somewhat like the actions of vitamins, minerals spark body processes. They, too, have unique job descriptions. *Refer to chapter 6*.

Water. Water makes up 45 to 75 percent of your body weight—and it's a nutrient, too. It regulates body processes, helps regulate your body temperature, carries nutrients and other body chemicals to your cells, and carries waste products away. See chapter 8, "Fluids: Water and More!"

#### **Nutrients: How Much?**

Everyone needs the same nutrients—just in different amounts. For healthy people, age, gender, and body size make a difference. Children and teenagers, for example, need more of some nutrients for growth. Pregnancy and breast-feeding increase the need for some nutrients and for calories. Because their bodies are typically larger, men often need more of most nutrients than women do.

How much of each nutrient do you need? Dietary Reference Intakes (DRIs) established by the Food and

Nutrition Board of the Institute of Medicine, National Academy of Sciences, make daily nutrient recommendations for healthy people in the United States and Canada based on age and gender. The DRIs include four types of recommendations:

- Recommended Dietary Allowances (RDAs) are recommended nutrient levels that meet the needs of almost all healthy individuals in specific age and gender groups. Consider these recommendations as your goal for getting enough nutrients.
- Adequate Intakes (AIs) are similar in meaning to RDAs. They're used as guidelines for some nutrients that don't have enough scientific evidence to set firm RDAs.
- Tolerable Upper Intake Levels (ULs) aren't recommended amounts. In fact, there's no scientific consensus for recommending nutrient levels higher than the RDAs for most healthy people. Instead, ULs represent the maximum intake that probably won't pose health risks for most healthy people in a specific age and gender group.
- Estimated Average Requirements (EARs) are used to assess groups of people, not individuals.

For carbohydrates, fats, and proteins (all macronutrients), which supply calories (energy), there's also an Acceptable Macronutrient Distribution Range (AMDR). That range not only reflects what's enough, it's also the amount linked to reduced chronic disease risk.

Groups of scientific experts regularly review and update the DRIs to reflect the most current research evidence. *The DRIs appear in the appendices*.

How do you use the DRIs? For the most part, you don't need to add up the numbers; it takes considerable effort to calculate the nutrients in all your food choices and then to make an assessment with DRIs. The Dietary Guidelines for Americans—and the USDA Food Patterns and the DASH Eating Plan—take the DRIs into account.

If you choose to calculate your nutrient intake, remember that the recommendations—RDAs and AIs—apply to your average nutrient intake over several days, not just one day and certainly not one meal. For ease, follow a food guide discussed in chapter 10 instead. A registered dietitian can help you; see chapter 24 to find expert help.

## More Than Nutrients: Food's Functional Components

Food contains much more than nutrients. Science is uncovering the benefits of other components in food, such as phytonutrients (including fiber), omega-3 and -6 fatty acids, plant stanols and sterols, and pre- and probiotics, to name a few. Described as "functional," these substances do more than nourish you. They appear to promote your health and protect you from health risks related to many major health problems, including heart disease, some cancers, diabetes, and macular degeneration, among others.

At least for now, no DRIs exist for functional components in food, except for fiber. And scientists don't yet fully understand their roles in health. However, within this book, you'll get a glimpse of emerging knowledge about some functional components in food. You're bound to hear more as new studies unfold.

# Healthful Eating, Active Living: One Step at a Time!

Are you ready to eat healthier or get active? (See "Your Nutrition Checkup" earlier in this chapter.) Even if it takes effort, it's worth it. To reach your goals, take one easy step at a time. The sooner you invest in your health, the greater the benefits!

Audit your food choices and lifestyle. Start by keeping track of what you eat or drink, along with how much, when, and why. For example, do you snack when you feel stressed or bored? Use a food journal to pinpoint eating behaviors you want to change and a physical activity log to track how active you are. Refer to "Dear Journal . . ." in chapter 2 for tips on keeping a log, or use the SuperTracker, noted in "Go Online," in this chapter. Take the personal assessments in "Your Nutrition Checkup" throughout the book.

Set personal goals. Know what you want—perhaps a healthier weight or lower cholesterol levels. Be realistic. Change doesn't mean giving up a food you like. Smaller portions, different ways of cooking, or being more physically active give you "wiggle room" to occasionally enjoy foods with more calories.

Make a plan for change. Divide big goals, such as "I will eat better," into smaller, more specific goals, such

as "I will eat more vegetables" or "I will eat more whole-grain foods." List practical steps to achieve your goals. For example:

*Goal*: Consume at least half of all your grains as whole grains.

Steps: Make sandwiches and French toast with whole-grain bread. Switch to brown rice. Eat oatmeal for breakfast. Snack on plain popcorn. Add whole barley when you make vegetable soup.

Be patient. Make gradual changes. Long-term change takes time, commitment, and encouragement. Most health goals take a lifelong commitment. Stick with your plan. Remember that small steps toward a goal add up over time.

Monitor your progress. If you get off track, pick up where you left off, and start again. You're in control!

Seek help from a qualified health professional. A registered dietitian can help you on your fitness journey; see chapter 24.

Reward yourself. Change is effort that deserves recognition. "Pat yourself on the back" with a bike ride, a walk with a friend, a new phone app, or a bouquet of flowers. Feeling good is the best reward!

Reevaluate your plan every month or two. See how changes you made—the simple steps you took—fit with your goals. Plan a few more simple steps; even tackle a new goal!

#### Looking for "Healthy Solutions"?

Looking for a practical approach to sound nutrition? Check here for sensible, easy solutions to eat for fitness. It's within your power to make changes!

Do you	YES OR NO?	FOR "HEALTHY SOLUTIONS," CHECK HERE
Feel confused by conflicting nutrition headlines and emerging research?	☐ Yes ☐ No	Chapter 24, "Well Informed?," to decipher today's and tomorrow's news about food and health. Refer to this whole book to learn what's known about nutrients, phytonutrients, and health and how that translates into smart eating.
Find it hard to lose weight and keep it off?	☐ Yes ☐ No	Chapter 2, "Your Healthy Weight: Key to Wellness," to find ways to reach and keep your healthy weight that work—and sort through diets that don't.
Want to make the right beverage choices—with so much to choose from?	☐ Yes ☐ No	Chapter 8, "Fluids: Water and More!" to decide what to drink and how much.
Think you need to give up your favorite foods to eat healthy?	☐ Yes ☐ No	Chapter 10, "Planning to Eat Smart," to see how you can enjoy all kinds of foods and eat for good health.
Feel life's just too hectic to eat healthy?	☐ Yes ☐ No	Chapter 11, "Meals and Snacks: Healthy Solutions!" to find quick, healthful, easy meals and snacks when you're tight on time and low on energy.
Want to devise a personal, customized plan for healthful eating—a plan that's right for you or your family?	☐ Yes ☐ No	Chapter 10, "Planning to Eat Smart," for tips on creating an eating plan that's right for you, your calorie needs, and your food "style."
Want to know more about the array of foods in supermarkets and farmers' markets?	☐ Yes ☐ No	Chapter 9, "What's on Today's Table?" to keep updated on today's "new" foods (functional, health-positioned, organic, ethnic, others), food regulations, and more.

(continued)

### Looking for "Healthy Solutions"? (continued)

Do you	YES OR NO?	For "Healthy Solutions," CHECK HERE		
Want to get the most nutrition—and the best value—for your food dollar?	☐ Yes ☐ No	Chapter 12, "Savvy Shopping," to shop for taste, convenience, price—and good health.		
Wonder if the "bug" you caught might be foodborne illness?	☐ Yes ☐ No	Chapter 13, "The Safe Kitchen," for essential ways to keep your food safe to eat.		
Have limited cooking skills, or think healthful home-prepared meals take too much effort?	☐ Yes ☐ No	Chapter 14, "Kitchen Nutrition: Cooking Matters," for simple ways to prepare healthful and flavorful meals in your kitchen.		
Want to make smarter choices when you eat out at a restaurant?	☐ Yes ☐ No	Chapter 15, "Your Food Away from Home," for ways to make eating out healthful, adventuresome, and enjoyable—without overdoing on calories!		
Need assurance that you're feeding your baby right?	☐ Yes ☐ No	Chapter 16, "Off to a Healthy Start: Feeding Baby," for infant-feeding basics, from breast- and/or bottle-feeding to solids.		
Want stress-free tactics to feed growing kids, whether they're picky eaters or busy teens?	☐ Yes ☐ No	Chapter 17, "Food to Grow On: Toddlers to Teens," for strategies that help your child or teen learn to eat for health and a healthy weight now and in the long run.		
Wonder what food and nutrition strategies can help address women's unique health issues?	☐ Yes ☐ No	Chapter 18, "For Women Only," for sound eating advice for pregnancy, breast-feeding, menopause, and more.		
Want to eat smart as you age, and even slow the aging process?	☐ Yes ☐ No	Chapter 19, "For Adults: Age Fifty Plus!," for smart eating if you're fifty years or over or if you're caring for someone that age.		
Want to maximize your athletic performance?	☐ Yes ☐ No	Chapter 20, "Athlete's Guide: Winning Nutrition," for ways to eat for your physical best before, during, and after a workout or competition.		
Wonder if your (or your teen's) vegetarian eating is healthful enough?	☐ Yes ☐ No	Chapter 10, "Planning to Eat Smart," for practical advice no matter what your approach to vegetarian eating.		
Think you have a food allergy or need to eat gluten- or lactose-free food?	☐ Yes ☐ No	Chapter 21, "Sensitive to Food," to deal with lactose intolerance, gluten intolerance, a food allergy, or other food sensitivities.		
Want to reduce your risks for—or deal with—certain food-related health problems?	☐ Yes ☐ No	Chapter 22, "Smart Eating to Prevent and Manage Disease," to know how to eat for health to reduce the risks for or manage common health problems—heart disease, diabetes, cancer, osteoporosis, GI problems, and anemia, among others. (This book also is filled with tips!)		
Think you need a nutrient or herbal supplement, but you're still cautious?	☐ Yes ☐ No	Chapter 23, "Dietary Supplements: Use and Misuse," to sort smart advice from misinformation about dietary supplements.		
Every "yes" is one more reason to use this book as your guide to healthful eating and active living!				

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