



Healthy Tips!

The Dietary Guidelines for Americans

Follow a Healthy Dietary Pattern

No matter where you are at in your lifecycle, it is never too late to eat healthy!

Enjoy Nutrient Dense Foods

Choose foods and beverages that fit your cultural traditions and food budget.

Design a Healthy Dietary Plan

Design your diet around healthy food and beverage choices! Monitor recommended calories for your lifestyle and activities.

Limit certain Foods and Beverages

Be mindful! A healthy dietary pattern does not allow much room for added sugars, saturated fats, sodium or alcohol.