

# The Simple Prescription for Good Eating

## 1 Focus on the Good

fruits & vegetables, fresh (or frozen)  
*whole* grains and beans  
lean proteins and good fats (e.g. olive oil)

## 2 Minimize the Not-So-Good

sugars, trans fats, salt  
preservatives, colorings, artificial flavorings  
i.e., processed, packaged foods

## 3 Be Wildly Diverse and Moderate

portions are smaller than you think  
meals (not just snack foods), eaten regularly  
don't forget breakfast!

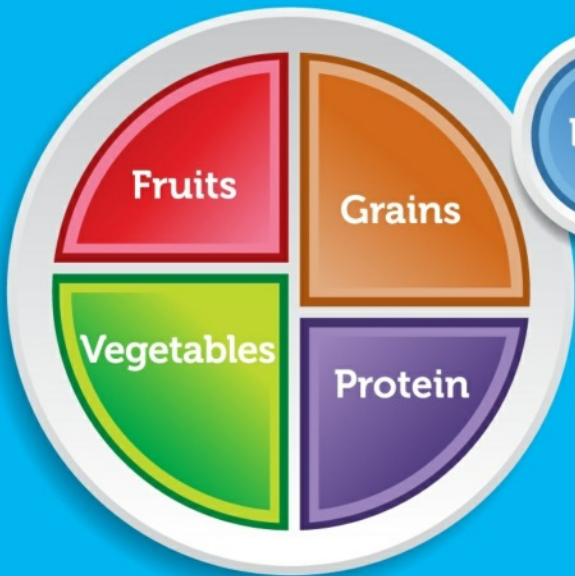
## 4 Find Your Path of Balance

expand your taste horizons and eat a wide and delicious variety of foods

## 5 Enjoy Eating!!



From *Take Control of Your Kitchen*  
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