



# OWNER'S MANUAL

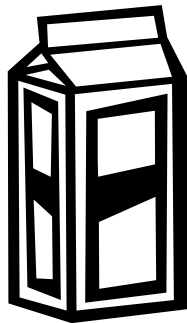
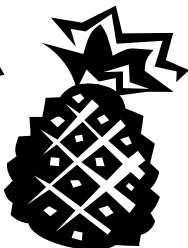
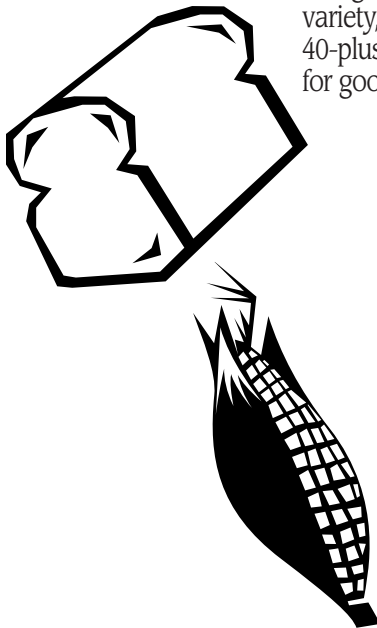
FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE



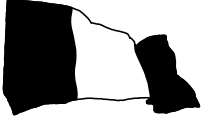

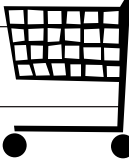


## Expand your tastes to enjoy a variety of foods.

Supermarkets, on average, carry 30,000 different items. Yet, for many people, the same eight or 10 "core" foods make up the majority of their purchases when they shop.

Being adventurous with food adds variety, which helps you get the 40-plus different nutrients you need for good health.



## Besides, trying new foods is fun and they just plain taste good. Start your food adventure with these tips:

- Get to know the neighbors with a United Nations potluck. Each family brings a dish from a different country. 
- Plan a Pyramid meal! Have fun including at least one food from each Food Guide Pyramid food group. (See diagram on page 16 and charts on page 17 for instructions on using the Pyramid.)
- Renting an adventure flick tonight? Take a taste adventure, too! Trade in your usual munchies for bright and crunchy red pepper strips, jicama slices, frozen grapes and baked bagel chips. 
- Take the kids on a supermarket safari. Pick a food group and let them each hunt down one food they've never tried before. 
- Crack open a new cookbook and try a different recipe each week. 
- Plant a few new veggies among the summer garden standbys. Try arugula, Swiss chard, golden beets or rutabaga.
- Eat a food you can't pronounce. How about brioche, bouillabaisse, quinoa, kohlrabi, tagliatelle or tabbouleh?
- Take a trip to the tropics and build strong bones, too. Blend up a calcium-rich smoothie made from one-half cup orange or pineapple juice, one-half mango, one carton strawberry yogurt and five ice cubes. 
- Create your own breakfast cereal. Mix together two, three, even four cereals. Choose at least one that says "high in fiber" on the box.
- Don't be a wet noodle when it comes to pasta! Get untangled from the usual spaghetti and experiment with some of the 350 varieties of pasta. Choose from A to Z — angel hair to ziti — or any fun shape in between, like cappelini, fusilli, mezzani, rotini or tufoli. 