



# OWNER'S MANUAL

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



### Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.

When it comes to making healthy changes in your life, the road to success is paved with small changes made a step or two at a time. But the payoffs are huge! Forming new healthy habits helps you look good and feel good now, and keeps you running strong for years to come. So, start slow. Remember, small steps add up to long-lasting results.



**WARNING!** Proceed slowly but surely when shifting gears toward healthy habits. After all, small steps work better than giant leaps.

### Get started with these ideas:

- Eating at least two servings of fruits and three servings of vegetables each day helps you stay healthy and reduces the risk of cancer. If you fall short of your "five-a-day," build to this goal by enjoying a juicy peach, a handful of raisins, some crispy baby carrots, a bowl of vegetable soup, or lots of lettuce and tomato on your sandwich today. 
- For delicious, lower-fat tacos, chili or spaghetti sauce, place one pound of cooked ground beef in a strainer and rinse with one cup hot water. Drain well and continue with your recipe.
- To cut calories and fat the easy way, use a cooking spray instead of oil to sauté foods. Trim visible fat from meat and remove skin from poultry, too.
- Fiber keeps your digestive system running smoothly so irregularity won't slow you down. Boost fiber intake with whole grain bread. Make today's lunch sandwiches with whole wheat, seven-grain or oatmeal bread.
- Add more fiber-rich beans and peas to your meals. Canned chick peas are a delicious addition to a salad. Canned lentil or split pea soup is a satisfying centerpiece for a fast lunch. 
- Need to lose weight? Ditch those "magic" diet plans, potions and products — they don't work long term. For lasting results, trim calories and increase activity a step at a time. Start by trimming portions a little bit and moving your body a bit more. Even losing five or 10 pounds over the next few months can improve your health and help you feel great.
- Know a teenage girl? Most don't get the iron they need for energy and growth. Pump up their iron levels by serving fortified cereals, hearty black bean soup or tasty beef fajitas.
- Are you a serious chocoholic? Once or twice a week, trade in your favorite chocolate snack for chocolate pudding or cocoa made with fat-free milk to help build up your bones.
- Fluid check! To run right, your body needs at least eight cups of fluid each day. Boost your total by drinking a glass of water with each meal. Other fluids, such as milk, juice and herbal tea count, too. 



**Questions** about the right way to fuel your body? The Food Guide Pyramid is your reliable roadmap to eating well. Built on sound nutrition science, the Pyramid helps you choose foods so you get all the vitamins, minerals and fiber you need, but not too much fat, saturated fat or cholesterol. Refer to the Food Guide Pyramid diagram on page 16 for detailed instructions.

