



4 Tips to a Healthier You!

Make this the year you and your family lead a healthier lifestyle by following these 4 tips:

TIP #1 - Eat the Right Amount of Calories for You: Everybody requires a different amount of calories depending on their age, gender, height, weight, and physical activity level. To determine the appropriate amount of calories for you, enter your information into the [Daily Food Plan](#) by USDA's MyPlate to receive a personalized plan.

TIP #2 - Build a Healthy Plate by Following the MyPlate Guidelines:

- Find your healthy eating style and maintain it for a lifetime.
- Make half of your plate fruits and vegetables.
- Move to low-fat or fat-free milk or yogurt.
- Make at least half your grains whole grains.
- Vary your protein routine.
- Make small changes.

TIP #3 - Choose an Eating Style Low in Saturated Fat, Sodium, and Added Sugars: Consuming foods high in solid fats, added sugars, and salt may increase the risk of certain chronic diseases. Drink water instead of sugary drinks and select fruit for dessert. Add spices or herbs to season food instead of adding salt and compare sodium in foods like soup, bread, and frozen meals. Eat cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs in moderation.

TIP #4 - Be Physically Active Your Way: It is important to be physically active your way. Start by doing what you can and picking activities you like. To gain the most health benefits, adults should aim for at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity each week and youth should do 60 minutes (1 hour) or more of physical activity daily.



Make Every Bite Count: USDA Release Dietary Guidelines for Americans, 2020-2025

Nutrition in America took a major step forward today with the publication of Dietary Guidelines for Americans, 2020-2025. Jointly published by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) every five years, the guidelines provide science-based recommendations designed to foster healthy dietary patterns for Americans of all ages – from birth through older adults.

Importantly, this edition expands the guidance, for the first time including recommended healthy dietary patterns for infants and toddlers.

The Dietary Guidelines is meant to be adaptable to personal preferences, cultural food ways and budgetary considerations. The *Dietary Guidelines* framework purposely provides recommendations by food groups and subgroups—not specific foods and beverages—to avoid being prescriptive. This framework approach ensures that people can “make it their own” by selecting healthy foods, beverages, meals, and snacks specific to their needs and preferences.

Watch this short video on the highlights of the Dietary Guideline 2020-2025!!

<https://youtu.be/CsUMzYUMNig>