

Nutrition Guidelines Action Sheet

I am committed to improving my health through better eating. To do so, I will (check, mark one)

- _____ *Eat only 4–6 ounces of meat, fish, or poultry per day.*
- _____ *Eat less fried food and fatty foods and add less salt to my food.*
- _____ *Use sugar sparingly and substitute for it using other carbohydrates I already eat.*
- _____ *Consume 3–4 non-fat and low-fat dairy products each day.*
- _____ *Eat fewer high-cholesterol foods such as eggs, full-fat dairy products, meat, fish, and poultry.*
- _____ *Eat more high-fiber foods such as whole grains, fruits, and vegetables.*
- _____ *Drink less than 1–2 alcoholic drinks per day.*
- _____ *Take only 100 percent of the Daily Values of nutrients if I take a vitamin-mineral supplement.*
- _____ *Use artificial sweeteners when appropriate.*

To do this I will:

1. _____
2. _____

Signed _____

Witness _____