

# Choose Sides



## The Fruits of Eating Healthy

Want to lower your chances of disease? Then eat your fruits and vegetables. Eating healthy servings of them each day can help fight off heart disease, heart attack, obesity, stroke, Type 2 diabetes and some cancers.

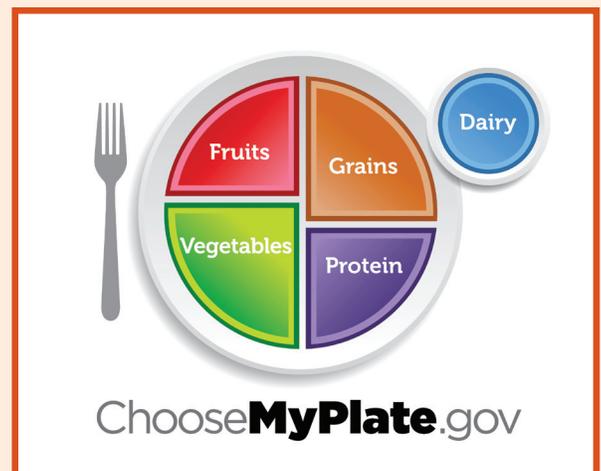
### Make sure your sides include fruits and veggies

Here are a few ways that fruits and vegetables can help you:

- Fiber helps lower your chances of certain health problems and helps keep you feeling fuller longer.
- They are low in fat and calories.
- Potassium-rich fruits and vegetables can help lower blood pressure and your chances of having kidney stones or bone loss.

### Remember to make half your plate fruits and vegetables.

Put good eating habits on your side with daily servings of fruits and vegetables.



# A Whole-hearted Move to Healthy Eating



## Choosing the right grains for your plate

Grains are good for you, especially whole grains such as brown rice, whole-wheat bread or oat flour. When you add them as part of your healthy eating, you help fight off certain health problems while getting key vitamins and nutrients your body needs.

When you learn the ‘whole’ truth about grains you’ll know which ones are good for you.

## Bread winners

At least half the grains you eat should be whole grains. It’s a win-win for your health because they:

- Are a source of fiber, B vitamins and key minerals
- Help build bone and free energy from muscles
- Boost your immune system
- Lower constipation
- Help curb hunger

	Amount that counts as 1 ounce equivalent of grains
<b>Breads</b>	1 regular slice 1 small slice French 4 snack-size slices rye bread
<b>Crackers</b>	5 whole wheat crackers 2 rye crispbreads 7 square or round crackers
<b>Oatmeal</b>	½ cup cooked 1 packet instant 1 ounce (1/3 cup) dry (regular or quick)
<b>Popcorn</b>	3 cups, popped
<b>Rice</b>	½ cup cooked 1 ounce dry
<b>Pasta—spaghetti, macaroni, noodles</b>	½ cup cooked 1 ounce dry
<b>Tortillas</b>	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter) 1 large tortilla (12" diameter) = 4 ounce equivalents