



A Healthier You: Based on the Dietary Guidelines for Americans

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The food and physical activity choices you make every day affect your health – how you feel today, tomorrow, and in the future. **A Healthier You** is grounded in the comprehensive science-based advice of the official *Dietary Guidelines for Americans* 2005.

A Healthier You brings together nutrition information from the Federal Government to help you make smart choices about healthy eating and physical activity. These keys to a healthy lifestyle may reduce your risk of getting such chronic diseases as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

This easy-to-use guide will help you make wise food and physical activity choices to manage your weight with:

- * Two healthy eating plans: The DASH Eating Plan and new Food Pyramid
- * A how-to use the Nutrition Food label to make product choices
- * Tips for eating out and when you are on the go
- * An assortment of recipes
- * Guidelines on how to prepare, handle, and store food to keep you and your family safe, and
- * Steps for incorporating physical activity into your life

Plus, **A Healthier You** includes the complete *Dietary Guidelines for Americans* with its 41 key recommendations

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