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## **SP734 Dietary Guidelines 2010 - Selected Messages for Consumers**

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## Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

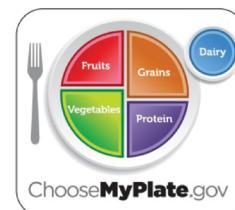
### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Visit the UT Extension Family and Consumer Sciences website at <http://fcs.tennessee.edu>



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