

## PUTTING THE GUIDELINES INTO PRACTICE

The federal government publishes Dietary Guidelines based on current scientific knowledge to help Americans choose diets that promote good health. The Guidelines emphasize balance, moderation and variety in food choices—in conjunction with increased physical activity—to help individuals achieve and maintain a healthy weight.

But how do you bridge “knowing the guidelines” with “applying the guidelines” to your everyday life? The following activity will help you build that bridge. Think about lifestyle changes you could make to start putting the Dietary Guidelines into practice immediately. In the space provided after each item below, write a statement about what you “will” do to implement each of the seven Dietary Guidelines. Then use your answers to develop a personalized strategy to achieve and maintain good health for yourself and your family. Example: Focus on variety, nutrient density, and amount. Write something like: “I will try one new fruit or vegetable each week.”

1. Follow a healthy eating pattern across the lifespan.

**I will:** \_\_\_\_\_  
\_\_\_\_\_

2. Focus on variety, nutrient density and amount.

**I will:** \_\_\_\_\_  
\_\_\_\_\_

3. Limit calories from added sugars and saturated fats and reduce sodium intake.

**I will:** \_\_\_\_\_  
\_\_\_\_\_

4. Shift to healthier food and beverage choices.

**I will:** \_\_\_\_\_  
\_\_\_\_\_

5. Support healthy eating patterns for all.

**I will:** \_\_\_\_\_  
\_\_\_\_\_

6. Choose a diet moderate in salt and sodium.

**I will:** \_\_\_\_\_  
\_\_\_\_\_

7. If you drink alcoholic beverages, do so in moderation.

**I will:** \_\_\_\_\_  
\_\_\_\_\_