

# A B Cs of Good Health:

- **Aim** for fitness with a healthy body weight and active living
- **Build** a healthy base with a variety of nutritious, health-promoting foods, kept safe to eat
- **Choose** sensibly without overdoing on fat, especially saturated fat; sugars; salt; and, for adults who choose to drink them, alcoholic beverages.

Luckily, there is an easy-to-use planning guide and graphic to help you get the nutrients you need from food each day. The Food Guide Pyramid is a good guide for what – and how much – to eat each day.

The Food Guide Pyramid recommends a range of foods and serving sizes.

- Bread, cereal, rice and pasta group: 6-11 servings
- Vegetable group: 3-5 servings
- Fruit group: 2-4 servings
- Milk, yogurt and cheese group: 2-3 servings
- Meat, poultry, fish, dry beans, eggs and nuts group: 2-3 servings
- Fats, oils and sweets: use sparingly.

