



University of California  
 Cooperative Extension  
**Tulare County**  
 Agriculture and Natural Resources



Prepared by: \_\_\_\_\_

**NEW YEAR'S RESOLUTION #1  
 AIM, BUILD AND CHOOSE**

It's time again for the traditional New Year's Resolutions. I'm ready to be healthier—How about you??? What goals should we set for ourselves? How do we decide on a day-to-day basis what we should eat and what we should not? What should our objectives be for exercise? I think the best advice I've read in a long time comes from the USDA's *Nutrition and Your Health: Dietary Guidelines for Americans, 2000*.

**AIM** for Fitness  
**BUILD** a healthy base  
**CHOOSE** sensibly

Which guidelines are you already following? Check off the healthy choices you make each day. Want to be even healthier? Start taking action on the ones that are not checked.

**AIM for Fitness**

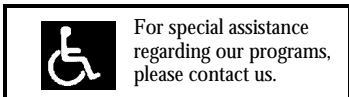
- G I aim for a healthy weight.
- G I am physically active each day.

Note: Remember to consult your health care provider before starting a new vigorous physical activity plan if you have a chronic health problem, or if you are over 40 (men) or 50 (women).

**BUILD a Healthy Base**

- G I let the Pyramid guide my food choices.

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G I choose a variety of grains daily, especially whole grains.

G I choose a variety of fruits and vegetables daily.

G I keep my food safe to eat.

This means you wash your hands and food preparation surfaces often. You separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. You cook foods to a safe temperature. You refrigerate perishable foods promptly. You check and follow the label directions. You keep hot foods hot (above 140° F) and cold foods cold (below 40° F). And, when in doubt, you throw it out.

### **CHOOSE Sensibly**

G I choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

G I choose beverages and foods to moderate my intake of sugars.

G I choose and prepare foods with less salt.

G If I drink alcoholic beverages, I do so in moderation.

More detail on each of the above guidelines can be found in the one-page pamphlet, *Using the Dietary Guidelines for Americans*, or in the complete 40-page booklet, *Nutrition and Your Health: Dietary Guidelines for Americans*. Both may be viewed and downloaded from the USDA Center for Nutrition Policy and Promotion website at [www.usda.gov/cnpp](http://www.usda.gov/cnpp). If you would like to purchase 1 to 50 copies of the consumer pamphlet (\$.50 each), call the Federal Consumer Information Center toll-free at (888) 878-3256. If you would like to purchase copies of the complete 40-page *Nutrition and Your Health: Dietary Guidelines for Americans*, 2000, (Item 147-G), \$4.75 per copy, call the Federal Consumer Information Center at (888) 878-3256.

**HAVE A HAPPY, HEALTHY NEW YEAR!!!**

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