

top 10 Nutrition Facts

During National Nutrition Month®, the American Dietetic Association urges consumers to look beyond the myths of nutrition and focus on the facts. Remember, the theme for 2008 is *Nutrition: It's a Matter of Fact*.

THE EXPERTS AT ADA HAVE IDENTIFIED THE FOLLOWING FACTS:

- 1 Eating right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
- 2 The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
- 3 Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
- 4 Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
- 5 Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients — and lower in calories.
- 6 Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
- 7 Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
- 8 Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
- 9 Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
- 10 Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.



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