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# OWNER'S MANUAL

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FOR **YOUR** BODY...  
HOW TO FUEL IT AND MOVE IT  
FOR A FUN AND HEALTHY LIFE



**IT'S ALL ABOUT**

**YOU**

TM

*Make Healthy Choices That Fit Your Lifestyle  
So You Can Do The Things You Want To Do.*



# OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

## HERE'S WHAT THIS OWNER'S MANUAL CAN DO FOR YOU:

- Outlines *five easy steps* for basic body maintenance to help you stay healthy, look good and feel good.
- Steers you toward the latest reliable, science-based advice for healthy living.
- Gives time-saving instructions for *healthy eating and activity* so you and your family can operate at full capacity.
- Shows how *healthy eating can taste great and physical activity can be fun.*
- Deactivates your "guilt gauge" by showing how favorite foods can be frequent parts of your fuel-up plan.
- Provides a trouble-shooting guide for navigating your body through everyday and special-occasion situations that make it a challenge to eat right and be active.

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**SO, DON'T PROCEED WITH CAUTION!!**  
*Start using this Owner's Manual for Your Body —  
the most important owner's manual you'll ever own.*



**IMPORTANT!**  
*For best results, keep this manual handy for frequent reference.*



# OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

## Why This Is The Most Important Owner's Manual You'll Ever Read

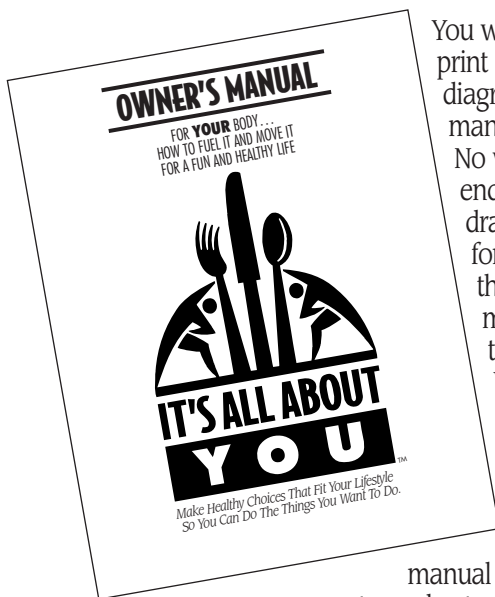
*Life is funny sometimes, isn't it?*

Did you ever stop to think about how many products come with an owner's manual? There's the car, the microwave, the VCR, the washer and dryer, even the toaster. But you've never gotten an owner's manual for the most important, complex and valuable piece of machinery you'll ever own and operate — your body!

*Until now, that is. You hold in your hands the first-ever **Owner's Manual for Your Body.***

It helps **you** make healthy choices for fueling and moving your body. But not just any healthy choices. This manual guides you in making choices that fit your lifestyle so you can do the things you want to do.

**THIS OWNER'S MANUAL IS UNIQUE BECAUSE IT'S ALL ABOUT YOU!**



You won't find the tiny print and confusing diagrams so typical of many owner's manuals. No wonder they often end up crammed in a drawer — unused and forgotten. Instead, this is one owner's manual you'll want to keep handy. Why? Because, as wonderfully intricate and individual as your body is, this owner's

manual provides simple, easy-to-understand directions for operating it in top form.

## It's All About You! Basic Maintenance For Your Body In Five Easy Steps

**PLEASE READ THESE INSTRUCTIONS CAREFULLY BECAUSE THEY'RE ALL ABOUT YOU!**

Your body is a complex piece of machinery, but running it in peak condition doesn't require a complicated and time-consuming maintenance routine.

The **five easy steps** below help you eat better and be more physically active so you can enjoy many years of trouble-free good health. It's an investment worth making. After all, replacement parts for you are hard to come by!



### **Make Healthy Choices That Fit Your Lifestyle So You Can Do The Things You Want To Do**



#### **BE REALISTIC**

Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.



#### **BE ADVENTUROUS**

Expand your tastes to enjoy a variety of foods.



#### **BE FLEXIBLE**

Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.



#### **BE SENSIBLE**

Enjoy all foods, just don't overdo it.



#### **BE ACTIVE**

Walk the dog, don't just watch the dog walk.





# OWNER'S MANUAL

## FOR YOUR BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE



### Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.

When it comes to making healthy changes in your life, the road to success is paved with small changes made a step or two at a time. But the payoffs are huge! Forming new healthy habits helps you look good and feel good now, and keeps you running strong for years to come. So, start slow. Remember, small steps add up to long-lasting results.



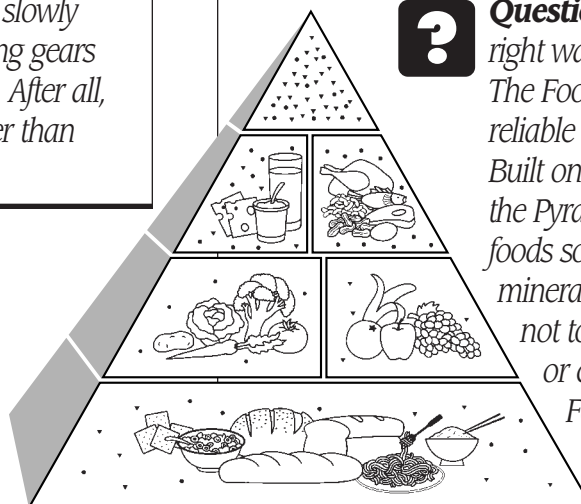
**WARNING!** Proceed slowly but surely when shifting gears toward healthy habits. After all, small steps work better than giant leaps.

### Get started with these ideas:

- Eating at least two servings of fruits and three servings of vegetables each day helps you stay healthy and reduces the risk of cancer. If you fall short of your "five-a-day," build to this goal by enjoying a juicy peach, a handful of raisins, some crispy baby carrots, a bowl of vegetable soup, or lots of lettuce and tomato on your sandwich today. 
- For delicious, lower-fat tacos, chili or spaghetti sauce, place one pound of cooked ground beef in a strainer and rinse with one cup hot water. Drain well and continue with your recipe.
- To cut calories and fat the easy way, use a cooking spray instead of oil to sauté foods. Trim visible fat from meat and remove skin from poultry, too.
- Fiber keeps your digestive system running smoothly so irregularity won't slow you down. Boost fiber intake with whole grain bread. Make today's lunch sandwiches with whole wheat, seven-grain or oatmeal bread.
- Add more fiber-rich beans and peas to your meals. Canned chick peas are a delicious addition to a salad. Canned lentil or split pea soup is a satisfying centerpiece for a fast lunch. 
- Need to lose weight? Ditch those "magic" diet plans, potions and products — they don't work long term. For lasting results, trim calories and increase activity a step at a time. Start by trimming portions a little bit and moving your body a bit more. Even losing five or 10 pounds over the next few months can improve your health and help you feel great.
- Know a teenage girl? Most don't get the iron they need for energy and growth. Pump up their iron levels by serving fortified cereals, hearty black bean soup or tasty beef fajitas.
- Are you a serious chocoholic? Once or twice a week, trade in your favorite chocolate snack for chocolate pudding or cocoa made with fat-free milk to help build up your bones.
- Fluid check! To run right, your body needs at least eight cups of fluid each day. Boost your total by drinking a glass of water with each meal. Other fluids, such as milk, juice and herbal tea count, too. 



**Questions** about the right way to fuel your body? The Food Guide Pyramid is your reliable roadmap to eating well. Built on sound nutrition science, the Pyramid helps you choose foods so you get all the vitamins, minerals and fiber you need, but not too much fat, saturated fat or cholesterol. Refer to the Food Guide Pyramid diagram on page 16 for detailed instructions.





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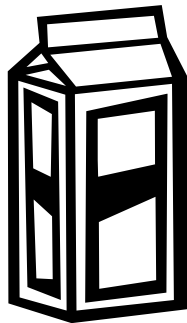
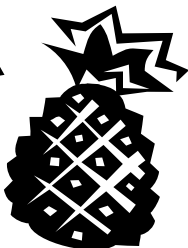
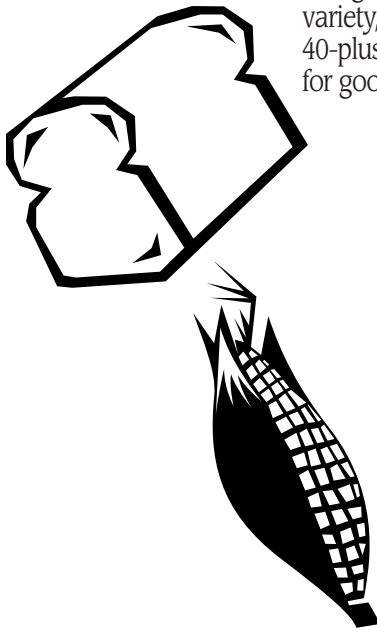
## FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE



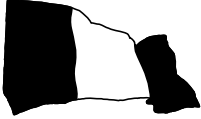

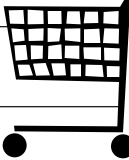



### Expand your tastes to enjoy a variety of foods.

Supermarkets, on average, carry 30,000 different items. Yet, for many people, the same eight or 10 "core" foods make up the majority of their purchases when they shop.

Being adventurous with food adds variety, which helps you get the 40-plus different nutrients you need for good health.



### Besides, trying new foods is fun and they just plain taste good. Start your food adventure with these tips:

- Get to know the neighbors with a United Nations potluck. Each family brings a dish from a different country. 
- Plan a Pyramid meal! Have fun including at least one food from each Food Guide Pyramid food group. (See diagram on page 16 and charts on page 17 for instructions on using the Pyramid.)
- Renting an adventure flick tonight? Take a taste adventure, too! Trade in your usual munchies for bright and crunchy red pepper strips, jicama slices, frozen grapes and baked bagel chips. 
- Take the kids on a supermarket safari. Pick a food group and let them each hunt down one food they've never tried before. 
- Crack open a new cookbook and try a different recipe each week. 
- Plant a few new veggies among the summer garden standbys. Try arugula, Swiss chard, golden beets or rutabaga.
- Eat a food you can't pronounce. How about brioche, bouillabaisse, quinoa, kohlrabi, tagliatelle or tabbouleh?
- Take a trip to the tropics and build strong bones, too. Blend up a calcium-rich smoothie made from one-half cup orange or pineapple juice, one-half mango, one carton strawberry yogurt and five ice cubes. 
- Create your own breakfast cereal. Mix together two, three, even four cereals. Choose at least one that says "high in fiber" on the box.
- Don't be a wet noodle when it comes to pasta! Get untangled from the usual spaghetti and experiment with some of the 350 varieties of pasta. Choose from A to Z — angel hair to ziti — or any fun shape in between, like cappelini, fusilli, mezzani, rotini or tufoli. 



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**Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.**



### **IMPORTANT!**

*Guilt recall notice for all body owners!*

Is your body equipped with a "guilt gauge" that screams "HIGH" when you eat fried foods or a jumbo hot fudge sundae, or skip your workout for a few days?



If so, send that guilt packing and give yourself an attitude adjustment!

Fact is, when it comes to a smooth-running body, it's what you do over time that counts. Every healthy body gets overfed or becomes idle now and then. Don't fret! Just balance out these times by eating a bit less or being a bit more active for a while.



### **So, loosen up and get flexible today! Some suggestions:**

- Is your "age-o-meter" turning another year? Balance your birthday dinner by eating a light breakfast and lunch, then dance the night away.



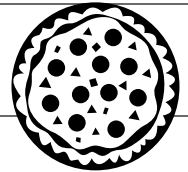
- Lots of high-powered breakfast meetings this week? Counteract those extra calories by walking to the office afterwards, snacking on fresh fruit mid-afternoon or attending an extra aerobics class or two during the week.



- After a cozy winter weekend indoors curled up with a good book or a bunch of videos, make a date to go hiking, sledding, ice skating or cross-country skiing.



- Eat a lighter breakfast and lunch to plan for "pizza with the works" for dinner.



- Love the taste of whole milk? Balance it out with lower-fat food choices you like such as mellow reduced-fat cheddar cheese, tangy low-fat sour cream or zesty fat-free salad dressing.



- After enjoying a super-size lunch of burger, fries and a shake, go light that night with a veggie stir-fry or a cup of soup and salad.



- Split an order of fries or a rich dessert with a friend.



- Did you munch through a whole box of hot buttered popcorn on your movie date? Don't feel guilty! Next time make plans to go miniature golfing or roller skating, and stop for a low-fat frozen yogurt afterwards.



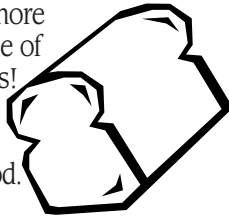
# OWNER'S MANUAL

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### Enjoy all foods, just don't overdo it.

A healthy eating plan can — and should — include all the foods you like. After all, food is more than just fuel — it's one of life's greatest pleasures! Here's the secret: just don't overfill your body with any one food.

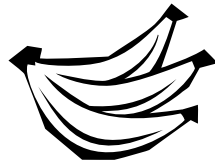


### Try these ideas for enjoying tasty favorites without overdoing it:

- Order once, enjoy twice. Eat half your steak in the restaurant. Take the rest home to savor tomorrow in a steak salad with juicy-ripe tomatoes or a beef and broccoli stir-fry. 
- Do bacon and eggs make your tastebuds sizzle? Order them up occasionally with whole grain toast and fresh fruit.
- Bike with the family to the ice cream shop. Savor a single scoop instead of a double. 
- At the gourmet coffee shop, make yours a cafe latte made with fat-free milk and a crunchy biscotti loaded with dried fruit.
- Snack from a plate, not from the bag, to stay aware of how much you're eating. 
- It takes about 20 minutes for your brain to get the signal that your stomach's had enough. Savor foods slowly — you'll eat less, enjoy them more and avoid feeling stuffed.
- Take a break from the usual fried chicken, and trim fat and calories, too. You'll cluck at how great it tastes roasted, broiled or grilled instead.
- Enjoy fruit and vegetable juice for one or two of your "five-a-day" servings. Get your other servings from whole fruits and vegetables, which taste great and provide fiber, too. 
- If you usually load up your baked potato with butter and sour cream, taste-test using just one or the other. Or, use half the usual amount of each.
- Donuts for breakfast every day? Swap for a chewy cinnamon raisin or blueberry bagel a few times each week. 
- Craving a cheeseburger from your favorite fast food place? Skip the bacon and special toppings. Split an order of fries with a friend or exchange them for a crispy side salad. Get your vitamin C with a refreshing orange juice or boost your calcium with low-fat milk or a low-fat shake.






*It's okay to eat a larger or smaller portion. Just remember: It's your total diet balanced over time that counts. To learn more about the Food Guide Pyramid and how many daily servings you need from each food group, turn to pages 16 and 17.*






### Serving Size Service Guide

As you strive to **BE SENSIBLE**, it's important to size up your portions, so you can enjoy all foods without overdoing it.

Comparing your serving sizes to everyday objects makes it easier to keep tabs on how much you eat. The amount for each food listed below equals about one serving from the Food Guide Pyramid.

- one-half cup fruit, vegetables, cooked cereal, pasta or rice = a small fist
- three ounces cooked meat, poultry or fish = a deck of cards 
- one tortilla = a small salad plate (seven-inch)
- one-half bagel = the width of a large coffee-to-go lid
- one muffin = a large egg 
- one pancake or waffle = a four-inch CD 

- one small baked potato = a computer mouse 
- one teaspoon of margarine or butter = a thumb tip
- one-and-a-half ounces of cheese = six dice 
- two tablespoons of peanut butter = a golf ball
- four small cookies such as vanilla wafers = four casino chips
- one medium apple or orange = a baseball 



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**WHAT CAN MOVING YOUR BODY ON A REGULAR BASIS DO FOR YOU?**



### ACTIVITY ALERT!

*Do you have health problems? Are you a man over age 40 or a woman over age 50? If so, check in with your doctor before you begin a brand-new physical activity program.*

## Walk the dog, don't just watch the dog walk.



For starters, being active helps boost your energy level so you feel great and accomplish more each day. It can also give you a sleeker body style that slips right into your favorite jeans, and sounder sleep when you're parked in bed for the night.

Being active also is an insurance policy. It can help you stave off health problems such as heart disease, high blood pressure, diabetes, osteoporosis and some cancers. Think of it as long-term maintenance for a healthy body and healthy weight.

Start with a daily goal of at least 30 minutes of moderate intensity physical activity. Don't fret if time is tight — you can total up your 30 minutes in 10-minute chunks throughout the day.



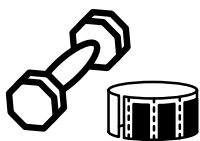
Has your body been out of action for a while? Pick an activity you like, and start out slow and easy. Build up gradually till you reach at least 30 minutes a day.

### Here's the key to success: Start your engine and get moving one step at a time!

- Walk to Toledo . . . or the next town. Choose a destination and track miles walked until you "get there."
- Aim for the farthest parking spot, not the closest, so you can get in extra walking.
- While the kids play soccer or softball, walk the sidelines or stroll around the field instead of lounging in the stands.
- Clean your house to a sparkling sheen! Vacuum, scrub, sweep and dust with vigor.
- Elevate yourself. Hop off the elevator a few floors early and climb the stairs the rest of the way.
- Plant a vegetable garden. All that digging, hoeing and weeding helps you get fit. Bonus: You'll reap the best-tasting veggies ever!
- Pump up your energy level. Take a brisk 10-minute walk in the morning, at lunch and after dinner.
- Learn a new dance. Swing, salsa, line or ballroom dancing are all divine.
- Install a basket on your bike and cycle to the grocery store.
- Do something different! Karate, ice skating, snorkeling, yoga or tap dancing are just the beginning.
- Don't just walk the dog, play Frisbee, too.
- Be inefficient. Run up and down the stairs with each load of laundry, get up to change the channel, walk to your co-worker's office instead of calling.
- Ready for more advanced maneuvers? Join a step aerobics, kick-boxing or body toning class. Check your local park district, recreation center or health club to find the best option for your fitness level.



### BODY ACCESSORIES:



**Hand/Ankle Weights or Resistance Bands:** Attach to hands, wrists or ankles and tone your muscles while watching TV, talking on the phone and during other idle times.



**Walking Shoes:** Insert feet and walk at regular intervals. For best results, total up at least 30 minutes of movement daily.



**City Street Map/Bike and Walking Path Guide:** Refer to frequently for new or scenic ways to walk home, bike to work or walk the dog.



**Water Bottle:** Grasp firmly and raise to mouth throughout the day. Aim for at least eight cups of fluid each day.



**Health Club or YMCA:** Visit to test drive exciting new activities such as kick-boxing, yoga, water aerobics or ballroom dancing.





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## Personal Warranty Plan For Your Body

Following the five Basic Maintenance Steps outlined in this manual should result in years of trouble-free body operations. It's well worth the investment...after all, you can't trade yourself in for a new model!

Complete this Personal Warranty Plan with your own health goals (for example, feel more energetic and productive, look better, sleep better). Then, for each Basic Maintenance Step below, choose your favorite tips from this manual to help you meet your goals, or design your own.

For best results, go slow and steady. Choose a tip, follow it for a week or two, then add another tip. Every month, review your progress. You'll see that small steps work better than giant leaps!

Full Name \_\_\_\_\_

Body Serial Number (Your Birthday) \_\_\_\_\_

Personal Health Goals **1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**4** \_\_\_\_\_

**5** \_\_\_\_\_

List below how you will apply each Basic Maintenance Step:



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



# OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

## Operating Your Body In The Real World – Your TROUBLE-SHOOTING GUIDE

As your body travels the road of life, you'll encounter some bumps and jolts that make eating right and being active more of a challenge. You can use the five Basic Maintenance Steps you just learned about — Be Realistic, Be Adventurous, Be Flexible, Be Sensible and Be Active — to smoothly navigate your

body through almost any routine or special conditions you encounter.

When your body experiences one of the situations and symptoms below, immediately apply the trouble-shooting tips in this section, which are based on one or more of the five steps. You'll be functioning at optimum speed in no time!

### OPERATING YOUR BODY UNDER ROUTINE CONDITIONS

#### Your Concentration Goes On The Blink Mid-Morning Because You Never Have Time For Breakfast

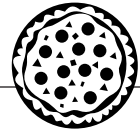


Start small. Sip some juice or milk while you get dressed.



Think fast! Cold cereal with fresh fruit, a bran muffin or wheat toast with peanut butter and juice take only minutes to make.

Last night's pizza, bean burrito or beef stew for breakfast? Why not? Leftovers are fast and easy and awaken your tastebuds!



Get a head start. Set out breakfast dishes and non-perishable foods the night before.

Grab a banana, a bagel or a carton of yogurt to eat on the train or at your desk.



Stash packs of instant oatmeal, single-serve cereals and some juice boxes at your desk.



Whether it's an omelet or French toast with maple syrup, get up a bit earlier so you can enjoy your favorite breakfast now and then.

#### Your Tastebuds Are Experiencing Brown Bag Boredom

Break out of that tuna salad slump! Try new sandwich combos like lean roast beef, spicy arugula and zingy horseradish mustard on a sourdough roll, or fresh mozzarella cheese, red-ripe tomatoes and fresh basil on focaccia bread.



Brown bag a Middle Eastern feast. Pack hummus (chick pea dip) and pita bread, cucumber circles, red pepper strips and radishes for dipping. Top it off with a small honey-sweet square of flaky baklava.

Cook up big batches of chunky chili, hearty stew or thick bean soup to freeze in individual portions. Zap in the microwave for a satisfying lunch in minutes.



Tuck a few peppermint candies or a snack-size candy bar in your bag.

Grab your lunch and head for a park bench.

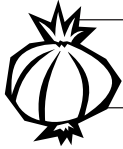


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### Your Dinners Are Stuck In A Rut

Pick up a new entrée or side dish in your supermarket's prepared foods section.



Take a "Fast Meals with Five Ingredients or Fewer" cooking class.

Cook in quantity on the weekends for quick and easy meals all week.

Organize a weekly "make your own" night. Put out the fixings for tacos, fajitas, individual pizzas or stir-fries and have the family assemble their own creations.

Try easy new recipes from the newspaper food section, your favorite magazine, cookbook or web site.



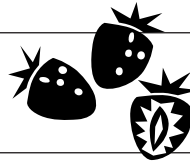
Have a mid-winter cookout. Toss some chicken and veggie kabobs on the grill. Serve on top of couscous jazzed up with your favorite herbs and spices.

Turn your day upside down. Serve pancakes, eggs and orange juice at dinner for a change.

Stock up on frozen veggies and canned fruits. They're fast, nutritious and always there when you need them.

### You Need Assistance To Start Snacking Smart

Fight off fatigue and divert the pre-dinner munchies with a small mid-afternoon snack like peanut butter and crackers or a carton of lowfat yogurt and a piece of fruit.



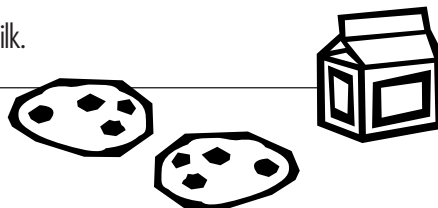
Try fun snacks such as fresh fruit kabobs dipped in your favorite fruity yogurt or baked tortilla chips with zesty black bean dip.

Boost good nutrition with strategic snacking. Fat-free yogurt provides calcium. Fruits and vegetables improve your personal fiber, vitamin and mineral profile.



Tuck an afternoon snack in the kids' backpacks. A mini-box of raisins, a cereal bar and a juice box will fuel them straight through soccer practice or dance class.

Enjoy a soothing bedtime snack of graham crackers or cookies and milk.





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### The Contents Of Your Grocery Cart Need Major Adjustments

Pick up a heat-and-eat beef pot roast in the prepared foods section of the meat case to enjoy tonight with microwaved baked potatoes and carrots. Use leftovers to make great sandwiches.



Take a shortcut to healthy eating. Look for products that say "high in calcium," "high in fiber," "high in vitamin C" or "high in iron" on the package. You'll get at least 20% of what you need for the day.

Each week, buy something new from one of the Food Guide Pyramid food groups. Maybe couscous from the Bread group, cardoon from the Vegetable group, casaba melon from the Fruit group, jalapeno pepper cheese from the Milk group — even stick your neck out and try ostrich from the Meat group. Keep rotating through the groups till you hit them all, then start over.

Top your list with taste. Buy your favorite premium ice cream or creamy chocolate bar. To help balance it out, pick up a zesty fat-free salad dressing or mayonnaise.



Look for recipes in the grocery store for unusual produce or new cuts of meat, poultry or fish.



### You Need Instructions For Working Right On The Job

On deadline and can't break away for lunch? Stock your desk with emergency meal rations. Small cans of tuna, dried soup cups, a jar of peanut butter, whole-grain crackers, sesame breadsticks, fun-flavored rice cakes, pop-top puddings and canned fruit will fuel you through the afternoon.

Convince co-workers to try a new restaurant or order in a new cuisine.



Form a lunchtime foreign excursion league. Take 20-minute scenic walking tours around your surrounding city. Pick up lunch at unusual ethnic restaurants.

Another office birthday bash? Go ahead... have the cake *and* ice cream this time — just eat small servings.



Suffering a mid-afternoon slump? Escape for a brisk 10-minute walk. You'll return with more energy to power through that pile of paperwork.

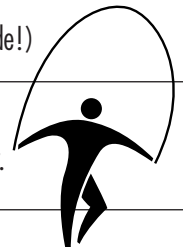


Enlist the office gang in an after-work volleyball, bowling or golf league.

Join a lunch-hour aerobics or strength-training class. You'll feel energized all afternoon.

Be a stair master! Hop off the elevator a few floors early and walk up the rest of the way. (Make sure doors aren't locked on the inside!)

When business travel means lots of expense account meals, keep balance on the agenda. Order the lowfat airline meal and hike the terminal till it's time to board. Visit your hotel's health club, tuck a jump rope in your bag, or take a walk and explore new territory.





## OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

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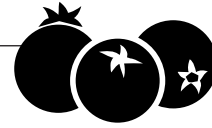
### OPERATING YOUR BODY UNDER SPECIAL CONDITIONS

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#### You Need Directions For Enjoying A Healthy, Active Vacation

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Prepare to indulge! Eat lighter meals and be more active several days before your vacation.



Fuel up for your road trip. Pack a cooler full of nutritious munchies such as low-fat string cheese, whole-grain crackers, sweet cherry tomatoes, luscious peaches, plums and nectarines.

Take a new turn. Stop for lunch at that small-town diner and order the blue plate special.



Take a few laps around the rest stop or play a game of catch with the kids.

Texas barbecue... Italian tortellini... Thai satay — YUM! Wherever you are, enjoy the area's special cuisine.

At your destination, explore your surroundings on foot or organize a game of water volleyball at the pool.

Stock an in-room fridge with supplies for lighter breakfasts, lunches and snacks. That way you can splurge on dinner — and save money, too!



Cap off the evening with a small ice cream cone, frozen yogurt or a flavored coffee.

Get cultured and burn calories by exploring museums and art galleries, or by taking a walking tour through an historic area.

On a cruise, don't walk the plank because you over-filled your body at the midnight buffet! Do balance out those extra calories with plenty of walking, dancing and swimming the next day.



Take a vacation from your usual food choices. Sample whatever new foods look appealing.

Try out a new sport or activity such as a step class, water aerobics, yoga, sunrise walks, snorkeling or pedaling on a bicycle built for two.

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# OWNER'S MANUAL

## FOR YOUR BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

### You Need Directions For Dining Out

Map out a plan for enjoying a multi-course gourmet feast. Eat a bit lighter and be more active a few days before and after.

Enjoy your meal twice as much. Eat half that juicy steak or rich lasagna in the restaurant, tote the rest home to share with a mate or for tomorrow's lunch.



Order two appetizers instead of an entrée, or order an appetizer or dessert, not both.



Order salad dressings and sauces on the side so you can control the amount.

Order one or two unusual creations for dessert. Ask for several forks and plates so everyone can share.



Tune in to hunger and fullness signals. Eat until you're satisfied, not stuffed.

Venture to a new cuisine. Enjoy a meal at a Thai, Indian, Ethiopian or Mediterranean restaurant.

### Your Waistline Signals A Hazard Alert During The Holidays

Got stuffed on Thanksgiving? Organize a family soccer game or a stroll down a nearby walking trail.



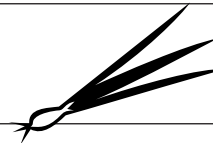
Don't take a holiday from your usual fitness routine — pick up the pace if you can. Keeping up will help you manage holiday stress, burn off extra calories from too many holiday treats and energize you for that round of holiday parties.

Take the edge off your appetite with a pre-party snack so you don't overdo at the event. A half-sandwich, a few crackers with cheese or a small bowl of cereal will do.



At parties, skip everyday snacks but savor interesting new hors d'oeuvres or a slice of Aunt Lilly's once-a-year chocolate torte.

When you're the host, treat guests to a colorful assortment of veggies with lowfat dip, a fresh citrus salad or a spicy, chilled vegetable juice "mocktail."



Blast the stereo and rock around the Christmas tree.

At the shopping mall, take the stairs instead of the escalator. Try out a cross-country ski machine or stationary bike at the fitness store.



Unwind from a hectic day at the mall with a couple of cookies and a mug of hot chocolate made with fat-free milk. Enjoy a candy cane swizzle stick.



# OWNER'S MANUAL

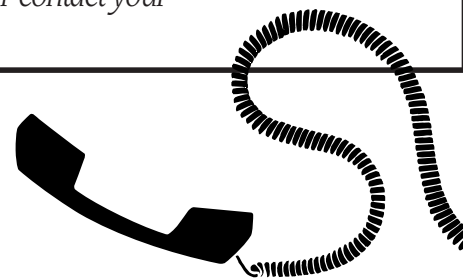
FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

## Your Authorized Service Representative – Contacting a Registered Dietitian Your Link to Nutrition and Health.™



### DOES YOUR BODY NEED A NUTRITION TUNE-UP?






Contact a registered dietitian (RD) — your authorized service representative and nutrition expert — who will design a customized eating plan to help your body run at its best. Locate an RD, or obtain free fact sheets, by calling The American Dietetic Association's Consumer Nutrition Hot Line at **800-366-1655** or visit their web site, [www.eatright.org](http://www.eatright.org). You can also check the Yellow Pages or contact your local hospital to find an RD near you.



## Basic Maintenance Check Points

Problems with your body? Feeling sluggish and out of sorts? Not functioning at optimum speed? Review these steps for Basic Maintenance.

### Check The Points Below:

Problem	Possible Reason	Do This To Correct
Your "burn-out" light flashes constantly.	You may have attempted a complete lifestyle overhaul.	 <b>BE REALISTIC</b> Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps. See page <b>4</b> for instructions and tips.
Your tastebuds are dull from eating the same foods day after day.	Your tastebuds need a tune-up.	 <b>BE ADVENTUROUS</b> Expand your tastes to enjoy a variety of foods. See page <b>5</b> for instructions and tips.
You think today's super-size fast food lunch has jammed up your internal mechanism.	You may be missing the food and fitness "big picture."	 <b>BE FLEXIBLE</b> Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day. See page <b>6</b> for instructions and tips.
You view many of your favorite foods as optional accessories.	Your eating plan may be missing parts that make it fun, interesting and enjoyable.	 <b>BE SENSIBLE</b> Enjoy all foods, just don't overdo it. See page <b>7</b> for instructions and tips.
Some of your parts are creaking from underuse.	Your body may have been parked on the couch for extended periods.	 <b>BE ACTIVE</b> Walk the dog, don't just watch the dog walk. See page <b>8</b> for instructions and tips.



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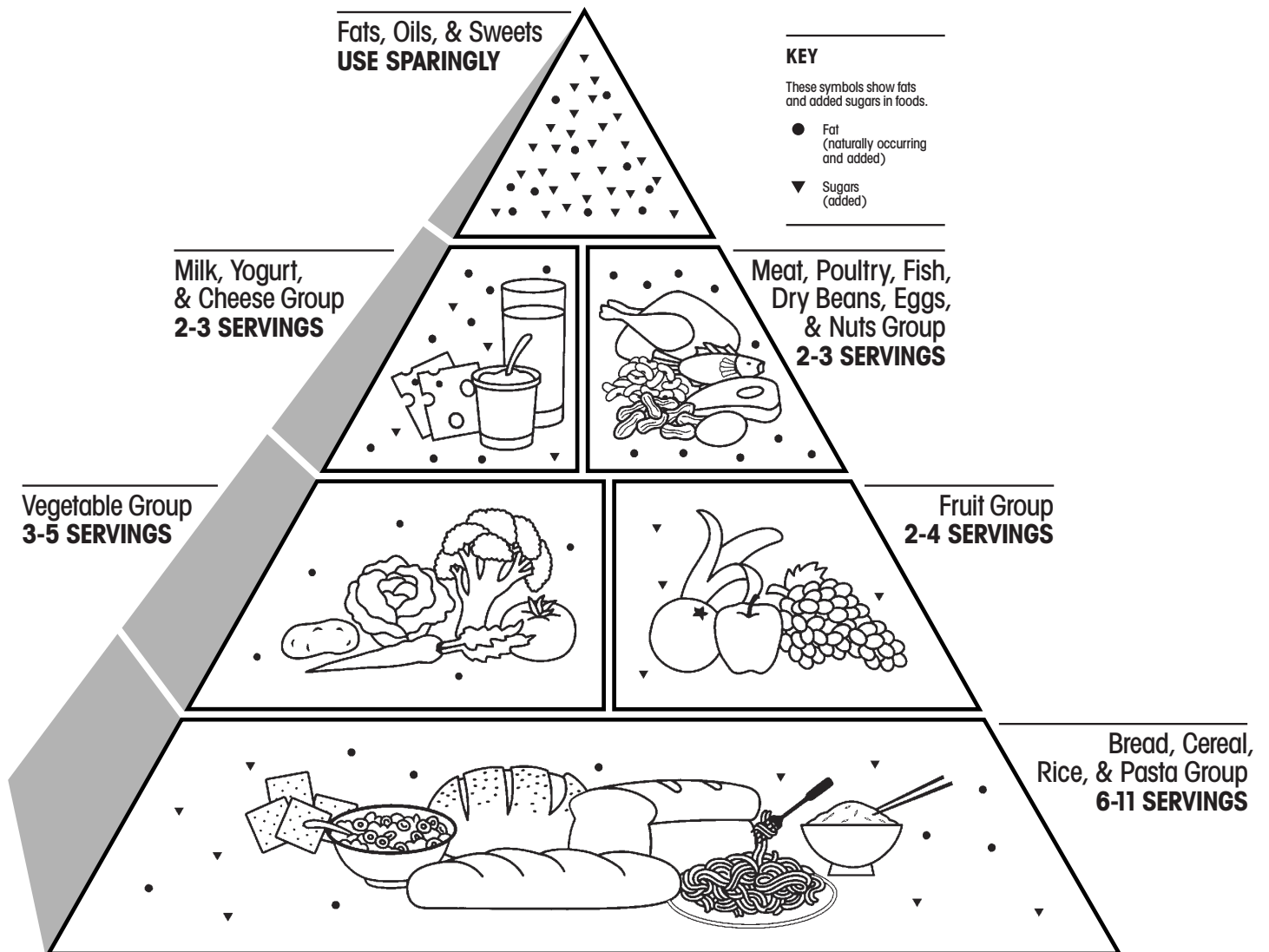
## Basic Training: The Food Guide Pyramid

The **Food Guide Pyramid** emphasizes foods from the five major food groups shown in the three lower levels of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.







# OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

## Basic Training: What Counts As A Pyramid Serving?

Bread, Cereal, Rice, & Pasta Group	Vegetable Group	Fruit Group	Milk, Yogurt, & Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
1 slice of bread 1 ounce of ready-to-eat cereal 1/2 cup of cooked cereal, rice or pasta	1 cup of raw leafy vegetables 1/2 cup of other vegetables, cooked or chopped, raw 3/4 cup of vegetable juice	1 medium apple, banana or orange 1/2 cup of chopped, cooked or canned fruit 3/4 cup of fruit juice	1 cup of milk or yogurt 1-1/2 ounces of natural cheese 2 ounces of processed cheese	2-3 ounces of cooked lean meat, poultry or fish 1/2 cup of cooked dry beans, 1/2 cup of tofu or 1 egg counts as one ounce of lean meat 2 tablespoons of peanut butter or 1/3 cup of nuts count as one ounce of meat

## Basic Training: How Much Fuel Do You Need?

The amount of fuel — or calories — you need each day depends on your age, sex, size, and how physically active you are. The chart below helps you estimate your daily calorie needs and suggests the number of servings to eat from each Food Guide Pyramid food group.

Pyramid Food Group	1,600 CALORIES is about right for children 2-6, many sedentary women and some older adults.	2,200 CALORIES is about right for older children, teenage girls, active women and many sedentary men.	2,800 CALORIES is about right for teenage boys, many active men and some very active women.
Bread, Cereal, Rice, & Pasta Group Servings	6	9	11
Vegetable Group Servings	3	4	5
Fruit Group Servings	2	3	4
Milk, Yogurt, & Cheese Group Servings	2-3 <sup>1</sup>	2-3 <sup>1</sup>	2-3 <sup>1</sup>
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group Servings	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

<sup>1</sup> The number of servings depends on your age. Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for nonpregnant women.



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## Questions

about balancing the foods you choose?

Make sure the Nutrition Facts food label is in your toolbox. Look for it on almost every packaged food item in the grocery store — and frequently on Nutri-Facts posters for fresh foods such as produce, fish and meat.

## Basic Training: The Nutrition Facts Food Label

### Nutrition Facts

Serving Size 1 cup (228 g)  
Servings Per Container 2

**Amount Per Serving**  
**Calories** 260 **Calories from Fat** 120

	% Daily Value*
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	

Vitamin A 4% • Vitamin C 2%  
Calcium 15% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2000	80g
Total Fat	Less than 65g	25g
Sat Fat	Less than 20g	300mg
Cholesterol	Less than 300mg	2,400mg
Sodium	Less than 2,400mg	375g
Total Carbohydrate	Less than 300g	30g
Dietary Fiber	25g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Serving Size

The serving size for this food is one cup. All the nutrition numbers listed are based on this amount. Compare the serving size to the amount you eat and adjust the numbers as needed. For example, if you ate two cups of this food, you'd double the numbers shown (e.g., 520 calories).

### Servings Per Container

Note carefully! Even small packages sometimes contain more than one serving. This package contains two servings.

### Nutrition Numbers

The label lists the number of Calories and the number of Calories from Fat in one serving. Also listed are the grams of Total Fat, Saturated Fat, Total Carbohydrate, Dietary Fiber, Sugars, Protein and milligrams of Cholesterol and Sodium.

### Percent Daily Values

These percents show how much of each nutrient one serving provides in a 2,000-calorie diet. For the label shown here, one serving of food provides 20% of the Total Fat and 15% of the Calcium recommended for the day.

### Hit Your Targets

For nutrients we sometimes get too much of (Fat, Saturated Fat, Cholesterol and Sodium), your daily goal is to total 100% or less of the Daily Value. For nutrients such as Calcium, Iron, Vitamin A and Vitamin C, your daily goal is to reach 100% of the Daily Value. Reading the label helps you balance out your food choices. For example, you can balance out higher fat foods with lower fat foods so you don't exceed your daily target.



# OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE

## Special Resources For Full-Capacity Operations



### NUTRITION AND HEALTH WEB SITES

**Food and Nutrition for the Whole Body:** Find answers to your nutrition questions and learn how to fill up on premium fuel.

The American Dietetic Association: [www.eatright.org](http://www.eatright.org)

FightBAC!™ Partnership for Food Safety Education: [www.fightbac.org](http://www.fightbac.org)

Food Marketing Institute: [www.fmi.org](http://www.fmi.org)

Food and Nutrition Information Center: [www.nalusda.gov/fnic](http://www.nalusda.gov/fnic)

International Food Information Council: [ificinfo.health.org](http://ificinfo.health.org)

National Dairy Council: [www.familyfoodzone.com](http://www.familyfoodzone.com) or [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

Society for Nutrition Education: [www.sne.org](http://www.sne.org)

Tufts University Nutrition Navigator: [www.navigator.tufts.edu](http://www.navigator.tufts.edu)

USDA Food Safety and Inspection Service: [www.fsis.usda.gov](http://www.fsis.usda.gov)

U.S. Department of Health and Human Services: [www.healthfinder.gov](http://www.healthfinder.gov)

USFDA Center for Food Safety and Applied Nutrition: [vm.cfsan.fda.gov/list.html](http://vm.cfsan.fda.gov/list.html)

**Parts of the Pyramid:** Nutrition information and recipes from the Food Guide Pyramid food groups.

Center for Nutrition Policy and Promotion: [www.usda.gov/cnpp](http://www.usda.gov/cnpp)

Wheat Foods Council: [www.wheatfoods.org](http://www.wheatfoods.org)

National Pasta Association: [www.ilovepasta.org](http://www.ilovepasta.org)

Dole 5 A Day: [www.dole5aday.com](http://www.dole5aday.com)

National Cattlemen's Beef Association: [www.beef.org](http://www.beef.org) or [www.beefnutrition.org](http://www.beefnutrition.org)

The Incredible Edible Egg: [www.aeb.org](http://www.aeb.org)

The Sugar Association: [www.sugar.org](http://www.sugar.org)

**Fitness and Activity Assistance:** Lots of expert information and tips — even tools to check your own fitness level.

American Council on Exercise: [www.acefitness.org](http://www.acefitness.org)

American College of Sports Medicine: [www.acsm.org](http://www.acsm.org)

Fitness Organization Links: [whs.wsd.wednet.edu/Sportsmed/fitness/fitorg.html](http://whs.wsd.wednet.edu/Sportsmed/fitness/fitorg.html)

Nutrition Analysis Tool & Energy Calculator: [www.ag.uiuc.edu/~food-lab/nat](http://www.ag.uiuc.edu/~food-lab/nat)

President's Challenge: [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal)

The President's Council on Physical Fitness and Sports: [www.fitness.gov](http://www.fitness.gov)



### NEED A GOOD READ ON NUTRITION?

Send for the **Good Nutrition Reading List** from The American Dietetic Association. This booklet IDs nearly 100 books and newsletters that provide timely and trustworthy nutrition information.

To order a copy, send a self-addressed, stamped, business-size envelope and a check for \$3.50 to this address:  
ADAF-Good Nutrition Reading List  
PO Box 77-6034  
Chicago, IL 60678-6034



You can also download or print out this Owner's Manual from the following web sites:

- [www.beefnutrition.org](http://www.beefnutrition.org)
- [www.beef.org](http://www.beef.org)
- [www.ific.org](http://www.ific.org)
- [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal)
- [www.wheatfoods.org](http://www.wheatfoods.org)
- [www.fmi.org](http://www.fmi.org)
- [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)





## IT'S ALL ABOUT YOU™ BROUGHT TO YOU BY THE DIETARY GUIDELINES ALLIANCE

This information was developed by the Dietary Guidelines Alliance (DGA), a partnership among leading health organizations, the government and the food industry, to help you follow the Dietary Guidelines for Americans.

### Goal of "It's All About You"

Provide positive, simple and consistent messages to help you achieve a healthy, active lifestyle.

### Dietary Guidelines Alliance Members:

- The American Dietetic Association
- Food Marketing Institute
- International Food Information Council
- National Cattlemen's Beef Association
- National Dairy Council
- National Food Processors Association
- National Pork Producers Council
- Society for Nutrition Education
- The Sugar Association, Inc.
- Wheat Foods Council

### In Liaison With:

- U.S. Department of Agriculture —  
Center for Nutrition Policy and Promotion  
Cooperative State Research, Education and Extension Services
- U.S. Department of Health and Human Services —  
Office of Disease Prevention and Health Promotion  
U.S. Centers for Disease Control and Prevention  
U.S. Food and Drug Administration  
National Institutes of Health  
The President's Council on Physical Fitness and Sports

### Sponsors:



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COUNCIL

WHEAT FOODS COUNCIL



*Make Healthy Choices That Fit Your Lifestyle  
So You Can Do The Things You Want To Do.*



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