

# BE INFORMED BE HEALTHY

Read menu labels and make healthier choices.

**2000 calories** a day is all most adults should eat. Eating those calories throughout the day will help keep you feeling good all day long. Menu labels can help you choose fewer calories and still eat what you like.

## CALORIE GUIDELINES FOR MODERATE ACTIVITY LEVELS

Age 2-3	Age 4-8	Age 9-13	Age 14-18	Age 19-50	Age 51+
<b>Girls</b> 1000 – 1400	1400 – 1600	1600 – 2000	2000	<b>Women</b> 2000 – 2200	1800
<b>Boys</b> 1000 – 1400	1400 – 1600	1800 – 2200	2400 – 2800	<b>Men</b> 2400 – 2800	2200 – 2400

The calorie ranges provided are based on an individual getting 30-60 minutes of physical activity each day. Reference: [www.mypyramid.gov](http://www.mypyramid.gov)

### TYPICAL FAST FOOD KID'S MEAL



VS.

### LOWER CALORIE OPTION



### TYPICAL FAST FOOD ADULT'S MEAL



VS.

### LOWER CALORIE OPTION



**How often do you eat out?** Eating out can be fast, cheap and delicious. But is it healthy for you? Chain restaurants are providing calorie, saturated fat, carbohydrate and sodium information to help you make choices that are right for you.

## Carbohydrates

Nutritious carbohydrates like bread, beans and vegetables give our bodies energy, vitamins, minerals, and fiber. Foods like desserts and sweetened drinks are another source of carbohydrates, but are high in sugar and calories and have little nutrition. For health, choose carbohydrates that are nutritious and filling.

“To control my diabetes, I need to know how many carbohydrates I’m eating during the day. When that information is on the menu, it’s easier to make a healthy choice and take care of myself.”



## Saturated Fat

When it comes to fats, moderation is key. Eating more than 20 grams of saturated fat a day can raise cholesterol levels and increase your risk of heart disease. To help stay healthy, limit your intake of items like processed snacks, baked goods, meats and deep fried food.

“Heart disease runs in my family so when we eat out, I stay aware of how much saturated fat is in our meals. Having this information at chain restaurants makes it easier to make healthy choices.”



## Calories

Calories in food fuel our bodies to think, play, and work. The amount of calories that is healthy for you depends on your age and how physically active you are. Learn how many calories are right for you and choose foods that help you stay within that limit.

“We’re a really busy family so there are nights when fast food is the easiest option for all of us. When I order, I watch calories and try to choose nutritious options that help my whole family stay healthy.”



## Sodium (salt)

A small amount of salt (Less than one teaspoon or 2300 milligrams per day) is part of a healthy diet. But most people living in the United States eat a lot more than they need and that can lead to high blood pressure. To stay within a healthy range, choose foods low in sodium.

“I have high blood pressure and need to limit how much salt I eat. With the new nutrition information at chain restaurants, choosing meals low in salt is easier and I can feel good about eating out.”

