



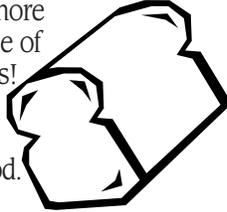
# OWNER'S MANUAL

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

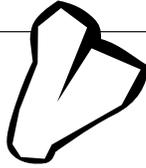


### Enjoy all foods, just don't overdo it.

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.

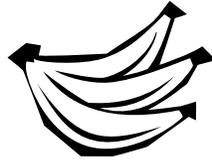


### Try these ideas for enjoying tasty favorites without overdoing it:

- 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 