

Top 10 Nutrition Facts

Look beyond the myths of nutrition and focus on the facts!

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.

