



G A I L MOVEMENT

“Getting Active Is Life”™

HEALTHY CHEAT SHEET ✓ LIST



I. FOLLOW A HEALTHY EATING PATTERN

⇒ **Across your lifespan.**

⇒ **All food and beverage choices matter.**

⇒ **Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body, weight, support nutrient adequacy and reduce the risk of chronic disease.**



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II. FOCUS ON VARIETY, NUTRIENT DENSITY AND AMOUNT

- ⇒ **To meet nutrient needs within calorie limits**
- ⇒ **Choose a variety of nutrient dense food across and within all food groups in recommended amounts. (see guide to understanding terms)**



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III. LIMIT CALORIES FROM ADDED SUGARS AND SATURATED FATS AND REDUCE SODIUM INTAKE

- ⇒ **Consume an eating pattern low in added sugars, saturated fats, and sodium.**
- ⇒ **Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.**





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IV. SHIFT TO HEALTHIER FOOD AND BEVERAGE CHOICES

- ⇒ **Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.**
- ⇒ **Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.**





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V. SUPPORT HEALTHY EATING PATTERNS FOR ALL

⇒ **Everyone has a role in helping to create and support healthy eating patterns in multiple settings, nationwide from home to school to work to community.**

JOIN THE MOVEMENT!

WHY WAIT?

JUST G A I L TODAY!!!