

# ON THE ROAD TO Better Nutrition

*Take steps to adopt a healthier diet.*



1

2

## 1 ► START A FOOD DIARY

Write down everything you eat throughout the day. This helps you know when and what you're eating. Now you can start to gauge where you need to make some changes.



## 3 ► TAKE A COOKING CLASS

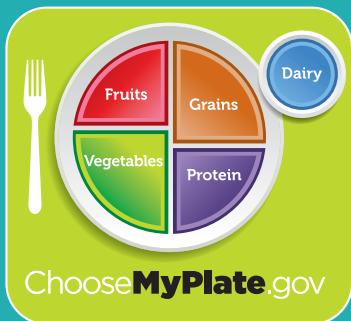
If you want to eat better, start with cooking healthy meals at home. Take a local cooking class to learn some basic techniques for preparing food.



## FOLLOW THE ◀ 2

### MYPLATE GUIDELINES

Go online to [Myplate.gov](http://Myplate.gov). Learn about what portions you should eat for each food group and get healthy recipes to try.



## PLAN AHEAD ◀ 4

To stay on track, plan your meals a week ahead of time. This forward thinking means you can better conquer cravings when they strike.

4

## Why is good nutrition so important?

Eating a diet rich in vegetables, fruits and high-fiber foods may reduce your risks for, and better manage, heart disease, obesity, type 2 diabetes, and some cancers. Diets high in potassium may lower blood pressure and decrease bone loss. Lean protein helps you build and repair tissue.

