

## Know Your Limits

Know Your Limits on Fats, Sugars and Salts. The USDA's MyPyramid can help you make smart choices from every food group. When it comes to fats, you will get the most nutrition out of your calories by following these tips:

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard.

Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low. Choose foods and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

A registered dietitian can help you adapt MyPyramid to your own personal needs.