



The New Food Pyramid: Steps to a Healthier You



For the first time ever, exercise is part of the USDA's food pyramid—and you can customize the pyramid to fit your lifestyle.

What's the first step? **Go to MyPyramid.gov**, and check out the MyPyramid Plan. Type in some quick information, and it'll help you choose the foods and amounts that are right for you. The MyPyramid site also gives you a detailed assessment of your food intake and physical activity level—and it can help you:

- **Make smart choices from every food group**
- **Find your balance between food and physical activity**
- **Get the most nutrition out of your calories**
- **Know the limits on fats, sugars and salt (sodium)**

This colorful, easy-to-use site personalizes the pyramid and makes eating your broccoli a lot more interesting.

The Eyes Have It

Are you having trouble reading the fine print on labels? Are you having vision problems or headaches after a day of looking at your computer screen? If so, it may be time for an eye exam.

Regular eye exams with an optometrist or ophthalmologist are essential to maintaining your overall health and wellness, especially as you grow older. The leading causes of vision impairment and blindness in the United States are primarily age-related eye diseases, notes the National Eye Institute (NEI).

For more information about eye conditions and resources, check out the NEI's Web site at www.nei.nih.gov/health.



Time for a Tuneup?

Health Screenings Can Keep Men in the Driver's Seat

Every 3,000 miles, you faithfully change the oil in your car. At recommended intervals, you take your car in for servicing. But what about checkups for your health?

The sooner your doctor can detect a medical condition or disease, the better your chances of effective treatment. The U.S. Preventive Services Task Force recommends that you ask your doctor which tests are right for you, when you should take them, and how often you should be tested.

For more information on preventive screenings and tips on living healthy, go to the Centers for Disease Control and Prevention's Men's Health site at www.cdc.gov/men.