

Fueling Healthy Bodies

New Dietary Guidelines for Americans were released in early 2026.

Read below for ideas on using this nutrition information with your family at home!



Eat Food Together

- Prepare meals at home and limit processed or ready-to-eat foods.
- Use healthy cooking methods such as steaming, roasting, and stir-frying.
- Eat together as a family.



Eat Vegetables and Fruits Throughout the Day

- Include them at meals and snacks.
- Fresh, frozen, dried and canned are all good options.



Make the Most of Your Meals

- Prioritize protein foods like meat, fish, beans, eggs and nuts.
- Include dairy foods like milk, yogurt and cheese.
- Choose whole grains such as brown rice, whole wheat bread and oatmeal.



Use Food Resources in Your Community

- School-aged children can sign up for well-balanced school meals at any time during the year.
- Visit our website for local food resources in your home county: <https://go.umd.edu/food>

The goal is to eat foods that look like they do when grown in nature. These foods are not loaded with extra ingredients and are low in added salt, sugar, and unhealthy fats. The Dietary Guidelines calls these foods "REAL" foods.

Check here for healthy recipe and cooking ideas!



<https://eatsmart.umd.edu>

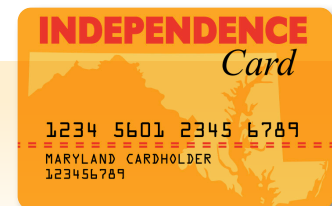
The Supplemental Nutrition Assistance program, or SNAP, provides money for families to buy food.

Check eligibility and apply for SNAP benefits through one of the following:

Apply Online at <https://benefits.maryland.gov>

or

Visit a local Department of Social Services (DSS) office find yours here:
<https://dhs.maryland.gov/local-offices>



Below are some of the documents you may need to complete your application. Call for more assistance.

- Photo I.D.
- Social security number or benefits award letter
- Proof of address (utility or rent/mortgage statement)
- Most recent pay stubs or proof of income (if applicable)
- Proof of household expenses (medical, insurance, child care, utility bills)

Need More Help?

Visit this website to check eligibility: <https://benefits.maryland.gov>

This institution is an equal opportunity provider.