

Choose From Every Group

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient packed foods. A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Vegetables

(Five servings **OR** 2-1/2 cups total per day)

- 1/2 cup serving =
1 cup raw leafy vegetables
1/2 cup of cut-up raw or cooked vegetables

Fruit

(Four servings **OR** 2 cups total per day)

- 1/2 cup serving =
1 medium fruit
1/4 cup dried fruit
1/2 cup fresh, frozen or canned fruit

Grains

(Six servings; three or more should be whole grains 6 ounces total per day)

- One-ounce serving =
1 slice of bread
1 cup breakfast cereal
1/2 cup cooked rice or pasta

Protein

(5-1/2 ounces total per day)

- One-ounce serving =
1 ounce of lean meat, poultry or fish
1 egg
1/4 cup cooked dry beans or tofu
1 tablespoon peanut butter
1/2 ounce nuts or seeds

Dairy

(3 cups total per day)

- One serving =
1 cup fat-free or low-fat milk
1 cup low-fat or fat-free yogurt
1-1/2 ounces low-fat or fat-free cheese