

a healthy plate is great

vegetables

Vary your veggies.

- Any vegetable or IOO% vegetable juice counts as a member of the vegetable group.
- Fill half your plate with fruits and vegetables.



fruits

Focus on fruits.

- Whole fruit is preferable to juice but any fruit counts; fresh, frozen, canned, 100% juice or dried.
- Fill half your plate with fruits and vegetables.



grains

Make at least half your grains whole.

 Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



protein

Go lean with protein.

- Keep portion to 1/4 of the plate.
- Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



dairy

Get your calciumrich foods.

- Remember to choose skim milk or 1% milk.
- Nonfat yogurt is a good choice, too. Keep choices low in fat, sodium & sugar.



A Healthy Plate is Great

Vegetables



21/2 cups or more daily

1 cup vegetables =

- 2 medium carrots
- 1 large ear corn
- 1 large tomato
- 1 large green or red pepper
- 1 medium potato

Source of:

Vitamin A, potassium, fiber, vitamin C

Health Benefit:

Decrease risk for stroke, type 2 diabetes, some cancers

Vary your veggies:

Have a main dish salad for lunch or dinner.

Add chopped vegetables to pasta sauce, lasagne and pizza.

Keep a bowl of cut up vegetables, like broccoli, red pepper and carrots for quick snacks.

Shred carrots or zucchini into meatloaf, casseroles and quick breads.

Fruits



2 cups or more daily

1 cup fruit =

- 1 small apple
- 1 banana
- 8 large strawberries ½ cup dried fruit, like raisins or prunes

Source of:

Vitamin C, potassium, fiber, folate

Health Benefit:

Decrease risk for type 2 diabetes, stroke, heart disease, some cancers

Focus on fruits:

Slice bananas or strawberries on your cereal.

Make a fruit smoothie by blending fat free milk with fresh or frozen fruit.

Pack fruit in lunches - try tangerine, grapes or a peach.

Select canned fruit in 100% fruit juice or water rather than syrup.

Grains



6 oz daily, 3 or more whole grains

1 oz grains =

- 1 slice bread 1 cup breakfast cereal ½ cup cooked rice, cereal or pasta
- 1 small corn or flour tortilla, 6" diameter

Source of:

Fiber, B vitamins, magnesium

Health Benefit:

Decrease risk for heart disease and high blood cholesterol levels

Make half your grains whole:

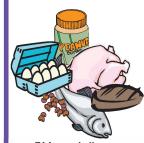
Stock your pantry with whole grain staples: whole-wheat breads & rolls, cereal, brown rice

When eating out, order whole grain cereal for breakfast.

Try brown rice or whole-wheat pasta.

Use rolled oats or crushed whole grain cereal as a breading for baked chicken or fish.

Protein Foods



5½ oz daily

1 oz meat/beans =

- 1 oz cooked lean meat, poultry, fish
- 1 egg
- 1/4 cup cooked dry beans
- 1 Tbsp peanut butter

Source of:

Protein, iron, zinc, potassium, magnesium

Health Benefit:

Building blocks for muscles, bones, skin and blood, decrease risk of anemia

Go lean with protein:

Bake, broil, roast or grill lean meats, poultry & fish instead of frying.

Serve dry beans or peas as a main dish or as part of a meal often.

Have nuts or seeds for a snack, on salads or in main dishes.

Choose fish more often for lunch or dinner.

Dairy



3 cups or more daily (fat-free or low fat)

1 cup milk =

- 1½ oz of cheese
- 1 cup of yogurt a cup shredded cheese
- 1 cup pudding made with milk

Source of:

Calcium, Vitamin D, protein, potassium

Health Benefit:

Improve bone mass and blood pressure, maintain healthy weight, better quality diet

Get your calciumrich foods:

Drink milk at most meals.

Add low-fat milk instead of water to hot cereals, soups, and box mixes.

Top casseroles, soups, stews or veggies with shredded low-fat cheese.

Make a yogurt dip for fruits or vegetables.

Top a baked potato with low fat cheese or yogurt.

Note: Servings are based on a 2,000 calorie diet.

