



a healthy plate is great

vegetables

Vary your veggies.

- Any vegetable or 100% 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 calcium-rich 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



2½ 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
¼ 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 calcium-rich 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.



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PIONEERS BY NATURE

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