DAILY RECOMMENDATIONS

- **Dairy**
  - Aim for around 3 dairy foods a day.
  - Examples of one Serving:
    - 1 cup milk or lactose-free milk
    - 1 cup yogurt
    - ½ cup shredded cheese
    - 1 ½ ounces hard cheese

- **Grains**
  - Aim for around 6 grains a day.
  - Examples of one Serving:
    - 1 slice of bread
    - ½ cup of cereal
    - 1 small tortilla

- **Vegetables**
  - Aim for around 3 vegetables a day.
  - Examples of one Serving:
    - 1 fresh tomato
    - 2 cups leafy greens
    - 1 cup canned carrots
    - 1 cup broccoli

- **Fruits**
  - Aim for around 2 fruits a day.
  - Examples of one Serving:
    - 1 fresh apple
    - 1 cup frozen strawberries
    - 1 cup canned peaches
    - ½ cup dried fruit

- **Protein**
  - Aim for around 6 proteins a day.
  - Examples of one Serving:
    - 1 oz meat, poultry or seafood
    - 1 egg
    - 1 tbsp peanut butter
    - ¼ cup cooked beans

Daily recommendations shown here are for adults and are based on the 2020-2025 Dietary Guidelines for Americans and MyPlate.gov

**FOOD FOR THOUGHT**

Eating healthy looks different for everyone and figuring out what’s right for you can take time! Use this tool to help you work towards your health goals and become more self-aware of your eating habits.

**BE MINDFUL**

Take note of energy levels, stress, mood or stomach issues to better understand your eating patterns and choices.

**PAUSE FOR REFLECTION**

Think about why you are eating. Are you hungry, thirsty, or just bored? As you eat take a breath between bites so you eat just enough to be satisfied, not stuffed.

**GREAT TASTE**

Healthy food can and should taste great! Take a moment to close your eyes, and savor each flavor as you eat.
## Mindful Eating Strategies

### Breakfast
- **Day 1**: Hunger Scale Rating Before Meal:
- **Day 2**: Hunger Scale Rating Before Meal:
- **Day 3**: Hunger Scale Rating Before Meal:

### Lunch
- **Day 1**: Hunger Scale Rating Before Meal:
- **Day 2**: Hunger Scale Rating Before Meal:
- **Day 3**: Hunger Scale Rating Before Meal:

### Dinner
- **Day 1**: Hunger Scale Rating Before Meal:
- **Day 2**: Hunger Scale Rating Before Meal:
- **Day 3**: Hunger Scale Rating Before Meal:

### Snacks
- **Day 1**: Hunger Scale Rating Before Snack:
- **Day 2**: Hunger Scale Rating Before Snack:
- **Day 3**: Hunger Scale Rating Before Snack:

*Remember to practice your mindful eating strategies!*