

GUIDE TO HEALTHY EATING

- Be physically active each day
- Aim for a healthy weight
- Choose a diet low in saturated fat and cholesterol, and moderate in total fat
- Choose a diet with a variety of fruits, vegetables, whole grain products, and fat-free or low fat dairy products
- Use sugar, salt (sodium), and alcohol in moderation

| Food Groups | Recommended Daily Servings | A Serving Equals |
|-----------------|----------------------------|--|
| Grains | 5-6 | <ul style="list-style-type: none"> • 1 slice bread • ½ c. cooked rice/noodles/cereal • 1 c. ready to eat cereal • 4-6 crackers |
| Vegetables | 2-3 | <ul style="list-style-type: none"> • 1 c. cooked vegetables • 2 c. raw vegetables |
| Fruits | 1-2 | <ul style="list-style-type: none"> • 1 fruit • 1 c. cut up fruit or juice |
| Dairy | 2-3 | <ul style="list-style-type: none"> • 1 c. milk/yogurt • 1-2 oz. cheese • 1 c. enriched soymilk |
| Meat | 5-6 | <ul style="list-style-type: none"> • 1 oz. lean meat/fish/poultry • 1 egg • 2 oz. tofu • 1 Tb. peanut butter • ¼ c. cooked beans • ½ oz. nuts or seeds |
| Fats and Sugars | Springly | |

Above recommendations are for adults in general.

Children, teenagers, pregnant or breastfeeding women, persons with chronic diseases require different amounts.

Please ask your doctor or dietitian.

Choose More Often

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| Grains | 100% whole wheat bread brown rice bran cereal/oatmeal 100% whole wheat crackers |
| Vegetables | dark green leafy – broccoli, spinach, choy sum, gailan, bok choy deep yellow or orange – carrots, pumpkin, sweet potato, tomato |
| Fruits | orange, tangerine, grapefruit, cantaloupe, strawberries, kiwi, papaya, mango |
| Dairy | fat free milk/yogurt or enriched soymilk skimmed evaporated milk firm tofu in water |
| Meats | seafood (fish, scallop, clam, crab meat, lobster, oyster) skinless chicken breast lean beef or pork egg white dried beans tofu in water |
| Fats | canola oil olive oil |

Sample Meal Plan

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| Breakfast | oatmeal (½ c.) w/ fat free milk (½-1 c.) and egg white (1) 100% whole wheat toast w/ jam (1 slice) coffee or tea w/skimmed evaporated milk (1 Tb) |
| Lunch | macaroni (1 c.) w/ bok choy (1 c.) and shredded chicken (1-2 oz.) in broth orange (1) |
| Snack | unsalted whole wheat crackers (2-3) enriched soymilk (1 c.) |
| Dinner | brown rice (1 c.) tofu (1-2 oz.) steamed fish (2 oz.) broccoli (-1 c.) bean soup (1 c.) apple (1) |

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