

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

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

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)