

GUIDE TO HEALTHY EATING

- Be physically active each day
- Aim for a healthy weight
- Choose a diet low in cholesterol, saturated fat, and trans fat 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	6-10	<ul style="list-style-type: none"> • 1 slice bread • ½ c. cooked rice/noodles/oatmeal • 1 c. ready to eat cereal • 5-7 crackers
Vegetables	2-4	<ul style="list-style-type: none"> • 1 c. cooked vegetables • 2 c. raw vegetables
Fruits	2-3	<ul style="list-style-type: none"> • 1 fruit or 1 c. cut up fruit • ½ cup dried fruit • 1 c. fruit juice
Dairy and Non-dairy alternatives	3	<ul style="list-style-type: none"> • 1 c. milk or yogurt • 1-2 oz. cheese • 1 c. enriched soymilk
Proteins	5-7	<ul style="list-style-type: none"> • 1 oz. fish/poultry/lean meat • 1 egg • 2 oz. tofu • 1 Tb. peanut butter • 1/4 c. cooked beans • ½ oz. nuts or seeds
Fats and Sugars	Sparingly	

Above recommendations are for adults in general.

Children, teenagers, pregnant or breastfeeding women, and people with chronic diseases require different amounts. Please ask your doctor or a registered dietitian.

Choose More Often

Grains	100% whole wheat bread, crackers, noodles brown rice bran cereal/oatmeal
Vegetables	dark green leafy – broccoli, spinach, choy sum, gailan, bok choy red – bell pepper, tomato yellow or orange – bell pepper, carrots, pumpkin, sweet potato blue or purple – cabbage, eggplant, sweet potato
Fruits	apple, orange, tangerine, grapefruit, blueberries, cantaloupe, strawberries, kiwi, papaya, mango
Dairy and Non-dairy Alternatives	fat free/low-fat milk and yogurt unsweetened enriched soymilk skimmed evaporated milk
Proteins	fish, skinless chicken (especially chicken breast), lean pork, egg white, dried beans, tofu in water
Fats	canola oil, olive oil

Sample Meal Plan

Breakfast	oatmeal (1 c.) w/fat-free milk (1 c.) and dried fruit (½ c.) OR 100% whole wheat toast (2 slices) w/jam and peanut butter (1 Tb) w/fat-free milk (1 c.) coffee or tea w/skimmed evaporated milk (1 Tb)
Lunch	whole wheat noodles (2 c.) w/ bok choy (1 c.) and shredded chicken (1-2 oz.) in low-sodium broth orange (1)
Snack	unsalted whole wheat crackers (5-7) unsalted nuts (½ oz.) unsweetened 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)