

Guide to Healthy Eating



Fruits: 1-2 cups each day

- Fruits may be fresh, frozen, dried, or canned.
- Can be eaten whole, cut up, or even pureed.
- Eat fruits that are in season.



Vegetables: 1-3 cups each day

- Try to eat different vegetables each day.
- Choose vegetables in all colors.
- Frozen vegetables are quick and easy to use.



Grains: 2-3 fist-fulls each day

- Make half your grains whole grains such as brown rice, barley, quinoa, and millet.
- Choose grain products with more fiber.



Protein: 2 palm-sized servings each day

- Try to eat lean protein such as chicken or turkey.
- Choose seafood at least twice a week.
- Beans, peas, or soy products are also great options.



Dairy: 2-3 cups each day

- Try milk, yogurt, soymilk, and cheese.
- Choose dairy products that are low-fat or fat free.
- Cream, butter, cream cheese DO NOT count.