



Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.

Fill half your plate with fruits and vegetables.



Fruits

Focus on fruits. Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



Grains

Make at least half your grains whole.

Read labels to find more whole grain foods.

Whole wheat, oatmeal and brown rice are all good.



Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Dairy

Get your calcium-rich foods.

Remember to buy skim milk or 1% milk.

Go easy on cheese.

Skim yogurt is a good choice, too.

