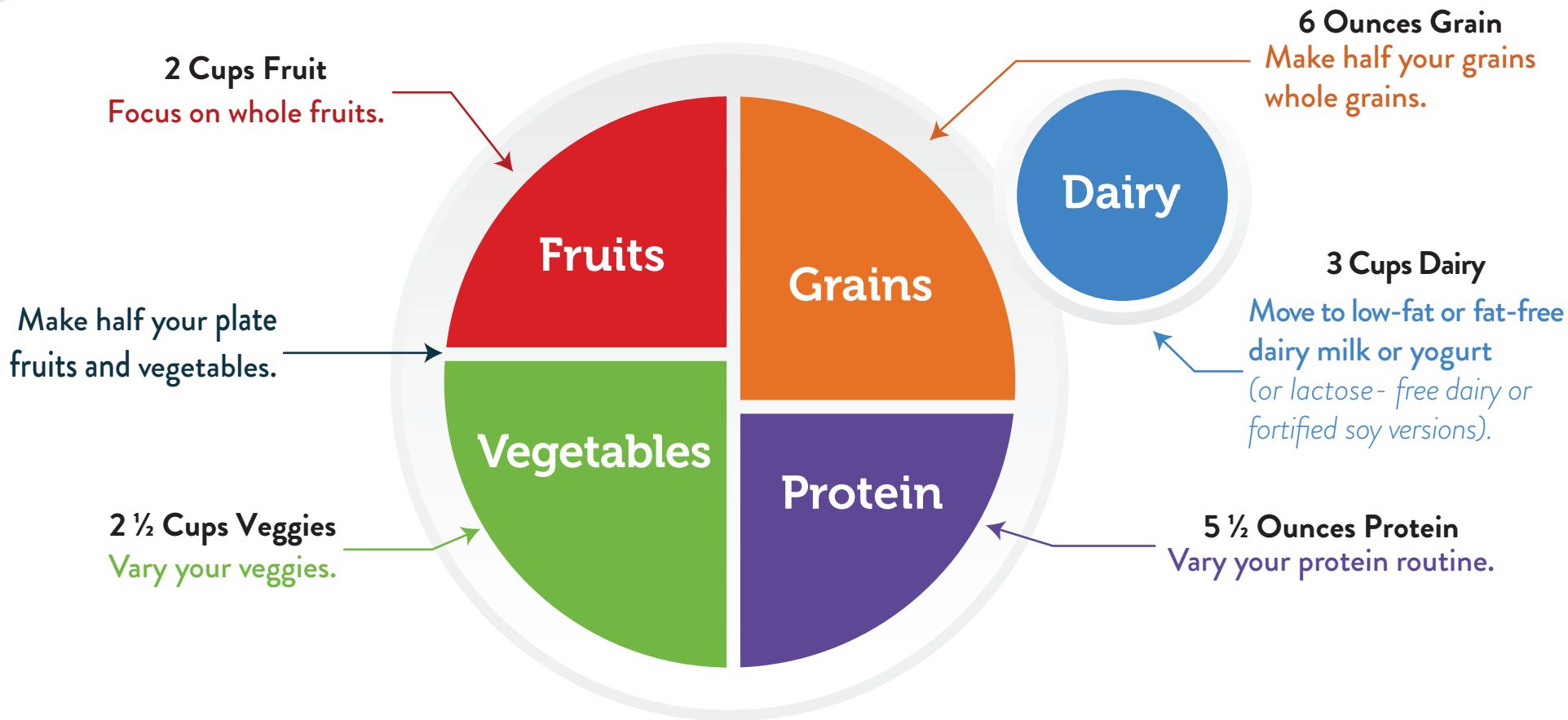


Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity

Being active can help you prevent disease and manage your weight.

Daily Food Group Targets - Based on 2,000 Calorie Plan

Fruits



Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.

2 Cups

- 1 cup counts as:
- 1 small apple
 - 1 large banana
 - 1 cup grapes
 - 1 cup sliced mango
 - ½ cup raisins
 - 1 cup 100% fruit juice

Vegetables



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

2 ½ Cups

- 1 cup counts as:
- 2 cups raw spinach
 - 1 cup cooked collard, kale or turnip greens
 - 1 small avocado
 - 1 large sweet potato
 - 1 cup cooked beans, peas, or lentils
 - 1 cup cut cauliflower

Grains



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

6 ounces

- 1 ounce counts as:
- 1 slice of bread
 - ½ cup cooked oatmeal
 - 1 small tortilla
 - ½ cup cooked brown rice
 - ½ cup cooked couscous
 - ½ cup cooked grits

Protein



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

5 ½ ounces

- 1 ounce counts as:
- 1 ounce cooked lean chicken, pork, or beef
 - 1 ounce tuna fish
 - ¼ cup cooked beans, peas or lentils
 - 1 Tbsp peanut butter
 - 2 Tbsp hummus
 - 1 egg

Dairy



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

3 cups

- 1 cup counts as:
- 1 cup dairy milk or yogurt
 - 1 cup lactose-free dairy milk or yogurt
 - 1 cup fortified soy milk or yogurt
 - 1 ½ ounces hard cheese
 - 1 cup kefir

Limit



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

Activity



Don’t forget physical activity! Being active can help you prevent disease and manage your weight.

Kids > 60 min/day • Adults > 150 min/week