

Healthier Eating: Getting Where You Need to Be

The Dietary Guidelines for Americans recommends these food groups within **MyPyramid** as a good source of important nutrients that help provide the foundation for a healthy diet.*



Increased intakes of fruits, vegetables, whole grains and fat-free or low-fat milk and milk products are likely to have important health benefits for most Americans, according to the Dietary Guidelines. They are encouraged for a healthful diet and are sources for specific nutrients of which many Americans are not getting enough – calcium, potassium, fiber, magnesium, vitamins A, C and E.



Be sure to include the recommended amounts every day:

Whole Grains ✓ ✓ ✓

3 (1 oz.) equivalents

(at least 1/2 of all the grains eaten should be whole grains)

One ounce serving equals 1 slice whole-wheat bread, 1/2 cup brown rice, 5 whole-wheat crackers, 1/2 cup oatmeal



Vegetables ✓ ✓ ✓

2-1/2 cups

One serving equals 1 cup chopped or florets of raw/cooked broccoli, 2 medium carrots, 2 cups of raw, leafy greens = 1 cup cooked, leafy greens



Fruits ✓ ✓

2 cups

One serving equals 1 cup sliced, chopped or cut-up fruit, about 8 large strawberries, 1 large orange, 32 seedless grapes



Dairy Foods ✓ ✓ ✓

3 cups of low-fat or fat-free milk or milk equivalents

One serving equals 1 cup milk, 1 container (8 oz.) yogurt, 1-1/2 oz. cheese



Source: Dietary Guidelines for Americans, 2005 (6th Edition). www.healthierus.gov/dietaryguidelines.

*The foods listed here are part of the MyPyramid food groups, which also include meat & beans and oils. Please visit www.mypyramid.gov for more information.

Healthier Eating Made Easy

Choose a variety of foods from each food group. Look for nutrient-dense foods. They have the most vitamins and minerals for the fewest calories.

Whole Grains	Vegetables	Fruits	Milk and Milk Products Low-fat and Fat-free
<ul style="list-style-type: none"> • Whole-grain breakfast cereal • Whole-grain breads (wheat, rye, etc.) • Oatmeal • Brown rice • Popcorn 	<ul style="list-style-type: none"> • Broccoli • Spinach • Carrots • Red or green pepper • Tomatoes • Sweet potatoes 	<ul style="list-style-type: none"> • Peaches • Bananas • Grapefruit • Blueberries • Kiwi • Cantaloupe 	<ul style="list-style-type: none"> • White milk • Flavored milk • Lactose-free milk • Cheddar cheese • Swiss cheese • Mozzarella cheese • Yogurt
<p>Tips</p> <ul style="list-style-type: none"> ✔ Snack on ready-to-eat, whole-grain cereals such as toasted oat cereal ✔ Try brown rice or whole-wheat pasta ✔ Try whole-grain snack chips, such as baked tortilla chips ✔ Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in stir-fry or casseroles ✔ Choose foods that name whole wheat, whole oats, brown rice, etc. first on the label's ingredient list 	<p>Tips</p> <ul style="list-style-type: none"> ✔ Buy vegetables that are easy to prepare ✔ Try crunchy vegetables, raw or lightly steamed ✔ Shred carrots or zucchini into meatloaf, casseroles, quick breads, or muffins ✔ Include chopped vegetables in pasta sauce or lasagna ✔ Set a good example for children by eating vegetables with meals and as snacks 	<p>Tips</p> <ul style="list-style-type: none"> ✔ Buy fresh fruits in season ✔ Vary your fruit choices—fruits differ in nutrient content ✔ Keep a bowl of whole fruit on the table, counter, or in the refrigerator ✔ Refrigerate cut-up fruit to store for later ✔ Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides ✔ For dessert, have baked apples, pears, or a fruit salad 	<p>Tips</p> <ul style="list-style-type: none"> ✔ Include milk as a beverage at meals ✔ Use fat-free or low-fat milk instead of water to prepare oatmeal and hot cereals ✔ Make a dip for fruits or vegetables from yogurt ✔ Top casseroles, soups, stews, or vegetables with shredded reduced fat cheese ✔ Make fruit-yogurt smoothies in the blender ✔ If you are lactose intolerant, choose lactose-reduced or low-lactose alternatives such as cheese, yogurt, or lactose-reduced milk



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