

# Making Healthy Food Choices

## Focus on fruits

- Eat a variety of fruit everyday.
- Fruit can be fresh, frozen, canned, or dried.
- Too much fruit juice can add lots of unnecessary sugar to your diet. Limit fruit juice to one serving per day.
- One serving of fruit equals 1 medium piece of fruit,  $\frac{1}{2}$  cup cut fruit,  $\frac{1}{4}$  cup dried fruit, or  $\frac{3}{4}$  cup 100% juice.



## Vary your veggies

- Eat more dark green veggies, such as broccoli and kale.
- Eat more orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash.
- Eat more beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- One serving of veggies equals 1 cup raw leafy greens;  $\frac{1}{2}$  cup chopped, cooked or raw vegetables; or  $\frac{1}{2}$  cup 100% vegetable juice.



## Get calcium-rich foods

- Every day, get 3 cups of lowfat or fat-free milk – **or** an equivalent amount of low-fat yogurt (1 cup yogurt) **and/or** low-fat cheese (1  $\frac{1}{2}$  ounces of cheese equals 1 cup of milk).
- If you don't or can't drink milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



## Make at least half your grains “whole grains”

- Eat at least 3 ounces of whole grains everyday.
- One ounce is 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta.
- Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.



## Go lean with protein

- Choose lean meats and poultry.
- Bake, broil or grill meat, poultry and fish.
- Vary your protein choices – with fish, beans, peas, nuts, and seeds.
- One serving of meat, poultry or seafood is 2-3 ounces, about the size of a deck of cards. For beans or peas, ½ cup is a serving, and for nuts and seeds, ¼ cup is a serving.



## Know the limits on fats, salt, sugars, and alcohol

- Read the Nutrition Facts label on foods.
- Look for foods low in saturated fats and trans fats.
- Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners like sucrose or high fructose corn-syrup).
- Limit alcohol. It just adds empty calories.
- All foods can be enjoyed in moderation once you know the limits.

