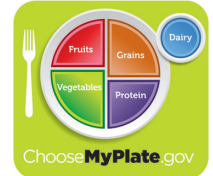


Healthier Eating: Getting Where You Need to Be

The 2010 Dietary Guidelines for Americans recommends these intakes of the following foods or food groups within **MyPlate** as good sources of important nutrients that help provide the foundation for a healthy diet.*



Whole Grains

Vegetables

Fruits

**Dairy Foods
Low-fat and Fat-free**

Increased intakes of fruits, vegetables, whole grains and low-fat or fat-free milk and milk products are encouraged by the Dietary Guidelines for Americans because they are sources for specific nutrients of which many Americans are not getting enough – calcium, potassium, fiber, and vitamin D.

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; at least 3 oz. equivalents out of a total of 6 oz. equivalents)

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



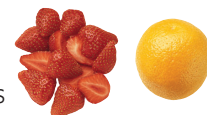
Vegetables ✓ ✓ ✓
2-1/2 cups

One cup 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 cup 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 cup equals 1 cup milk, 1 cup yogurt, 1-1/2 oz. natural cheese



**Based on a 2,000 calorie diet. Individual calorie requirements may differ.



Source: The 2010 Dietary Guidelines for Americans, 2010 (7th Edition). www.healthier.us.gov/dietaryguidelines.

*The foods listed here are part of the MyPlate food groups, which also include Protein Foods and Oils. Please visit www.ChooseMyPlate.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	Dairy Foods Low-fat and Fat-free
<ul style="list-style-type: none"> • Whole-grain breakfast cereal • Whole-grain breads (100% 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 low-fat or fat-free 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 cheese or yogurt that contain minimal lactose, or lactose-free milk

