







# Healthy Eating Guide

Use this guide to make sure you're getting the number of daily servings recommended by the USDA in each food group.

How many servings should I eat daily?	What's a serving?	Sample day's menu
<b>Vegetables</b>  <p><b>At least 3 to 5 servings a day*</b></p>	1/2 cup chopped vegetables (rounded handful) 1 cup leafy vegetables (the size of an adult's fist) 3/4 cup vegetable juice	<p><b>Breakfast</b></p> <p>1 1/2 cups whole-grain cereal            1 cup 1% low-fat milk            1 medium banana            3/4 cup orange juice</p> <p><b>Lunch</b></p> <p>2 cups romaine lettuce            5 baby carrots            4 tomato wedges            1/4 cup peeled cucumber            1 tablespoon sliced almonds            3 ounces grilled, boneless, skinless chicken breast            1 tablespoon vinaigrette dressing            4 small sesame breadsticks            1/2 cup fresh fruit salad</p> <p><b>Dinner</b></p> <p>3 ounces baked salmon            1 cup steamed broccoli drizzled with 1 teaspoon olive oil            1 small baked sweet potato            1 cup low-fat frozen yogurt with 1/2 cup sliced strawberries</p> <p><b>Snack</b></p> <p>5 whole grain crackers            1 tablespoon peanut butter</p> <p><b>Totals for the day</b></p> <p>Approximately 1800 calories            56% carbohydrate            21% protein            23% fat</p> <p>(This menu also meets the National Cancer Institute's recommendations for daily servings of fruits and vegetables.)</p>
<b>Fruit</b>  <p><b>At least 2 to 4 servings a day*</b></p>	1 medium fruit or 1/2 cup chopped fruit 1/4 cup dried fruit (the size of a golf ball) 3/4 cup fruit juice	
<b>Protein</b>  <p><b>2 to 3 servings a day</b></p>	3 ounces meat (the size of a deck of cards) 1/3 cup nuts 1/2 cup cooked beans or tofu  Also equivalent to one ounce of meat: 1 large egg 2 tablespoons peanut butter <i>Use these foods with others to make up a full serving of protein. You may want to limit your egg intake to three per week.</i>	
<b>Dairy</b>  <p><b>2 to 3 servings a day</b></p>	1 cup milk or yogurt 1 1/2 ounces cheese (the size of five dice)	
<b>Carbohydrates</b>  <p><b>6 to 11 servings a day</b></p>	1 slice bread 1/2 cup cooked rice, cereal, or pasta (rounded handful) 1 cup cereal	
<b>Fats, Oils &amp; Sweets</b>  <p><b>Use sparingly</b></p>		

\*Note: The National Cancer Institute recommends getting at least five servings of fruits and vegetables a day.

## Foods to Limit

While not healthy for anyone, foods with the ingredients listed below are especially dangerous for people with certain health conditions. Use this guide to help you spot foods you should limit or avoid.

What to Avoid	Conditions That Can Worsen From Excess Fats, Sodium, and Sugars	Foods and Ingredients to Watch Out For
Saturated fats	Heart disease High cholesterol Those at risk for a stroke	High-fat dairy products (whole milk, cheese, regular ice cream, butter) Coconut and palm oils (tropical oils), chicken skin, high-fat cuts of meat, and processed meats
Trans fatty acids	All of us should limit our intake	Hydrogenated and partially hydrogenated vegetable oils (often found in packaged cakes, cookies, and processed snacks), commercially fried foods, stick margarines and vegetable shortenings
Sodium	High blood pressure (salt-sensitive type) Ménière's disease Kidney disease Osteoporosis (High sodium intake increases calcium loss.)	Foods that are: frozen, prepared, canned, cured, smoked, corned, or pickled. Also, packaged mixes, monosodium glutamate (MSG), soy sauce, teriyaki sauce, sodium citrate/caseinate/nitrate/propionate, sodium alginate, sodium hydroxide, disodium phosphate, sodium bicarbonate (baking soda), and condiments (especially certain sauces and bouillon)
Added sugars	Dental problems Diabetes Hypoglycemia	Honey, brown sugar, glucose, fructose, sucrose, lactose, maltose, dextrose, turbinado, high fructose corn syrup, table sugar, syrup, molasses, raw sugar, corn sweetener, fruit juice concentrate, malt syrup, and invert sugar