

## EATING FOR GOOD HEALTH

### A Guide to Selecting Healthful Foods Most Often

Food Group	Daily Recommendations	Equivalent Servings	Additional Information
Grains/Starches	6 – 8 ounce equivalents	<ul style="list-style-type: none"> <li>• 1 oz = 1 slice bread</li> <li>• 1 oz = ½ English muffin</li> <li>• 1 oz = ¼ small bagel</li> <li>• 1 oz = 1/3-½ cup cooked rice, pasta, hot cereal</li> <li>• 1 oz = ¾ cup dry flake cereal</li> <li>• 1 oz = 1 6-inch tortilla</li> <li>• 1 oz = 2 cup cooked starchy vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Choose 100% whole grain whenever possible.</li> <li>• Whole grain products have the words whole wheat, whole grain, brown rice, etc. listed as the first ingredient.</li> </ul>
Fruits	1 ½ - 2 cups	<ul style="list-style-type: none"> <li>• ½ cup = 1 small fresh fruit</li> <li>• ½ cup = ½ cup canned or diced fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Choose a variety of fruit daily</li> <li>• If eating canned fruit, look for canned fruit in natural juices and frozen fruit with no added sugar</li> <li>• Limit fruit juice to ½ cup per day</li> </ul>
Dairy/Milk	3 cups	<ul style="list-style-type: none"> <li>• 1 cup = 1 cup milk or yogurt</li> <li>• 1 cup = 1 ½ oz hard cheese</li> <li>• 1 cup = 1/3 cup shredded cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Choose unsweetened, low-fat, and/or fat free products.</li> </ul>
Sweets/Snacks	Limit	<ul style="list-style-type: none"> <li>• 1 serving = 2 small cookies</li> <li>• 1 serving = 2" square brownie</li> <li>• 1 serving = ½ ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Eat these foods in moderation as these choices, when over consumed, can contribute to weight gain</li> <li>• Choose low-fat, low-salt, and low sugar varieties whenever possible</li> </ul>
Meat/Fish/Poultry	4 – 6 ounce equivalents	<ul style="list-style-type: none"> <li>• 3 oz = size of a deck of cards <b>or</b> the palm of your hand</li> <li>• 1 oz = 1 sandwich slice of turkey</li> <li>• 1 oz = 1 egg with yolk</li> </ul>	<ul style="list-style-type: none"> <li>• Choose baked, broiled, grilled, roasted or poached meats</li> <li>• Marinate lean meat, fish and poultry in a low salt marinade for flavor and tenderizing</li> </ul>
Meat Substitutes	4 – 6 ounce equivalents	<ul style="list-style-type: none"> <li>• 1 oz = 2 Tbsp hummus</li> <li>• 1 oz = ¼ cup tofu or tempeh</li> <li>• 1 oz = 1 oz of nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Experiment with meat substitutes and try to have 1 or 2 vegetarian meals per week.</li> </ul>
Fats/Oils	5 – 7 teaspoons	<ul style="list-style-type: none"> <li>• 1 tsp = 1 tsp oil or margarine</li> <li>• 2 tsp = 1 Tbsp. nut butter</li> <li>• 1 tsp = ¼ avocado</li> <li>• 3 tsp = 1 oz nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Limit animal fats and tropical oils</li> <li>• Choose plant based fats (other than tropical oils) when possible</li> </ul>
Non-Starchy Vegetables	2 – 3 cups	<ul style="list-style-type: none"> <li>• 1 cup = 1 cup raw vegetables</li> <li>• 1 cup = ½ cup cooked vegetables</li> <li>• 1 cup = 2 cups cooked greens</li> </ul>	<ul style="list-style-type: none"> <li>• Choose a variety of vegetables daily</li> <li>• Choose no-salt added canned vegetables and vegetable juices.</li> </ul>

Food Group	Good Choices (Select Daily)	Go Easy On (Eat 1-2 Times/Week)	Choices to Limit (Enjoy 1-2 Times/Month)
<p>Grains/Starches</p> 	<p>Bread: whole grain wheat; bran; rye; pumpernickel; whole wheat English muffins, whole grain bagels, whole grain dinner rolls, corn or whole wheat tortillas</p> <p>Crackers: nonfat (salt-free); Rye Krisps;  saltines; Wasa bread</p> <p>Cereal: oatmeal; oat bran; cream of wheat; low sugar whole grain flakes; low sugar shredded wheat; low sugar puffed rice</p> <p>Grains: barley; quinoa; bulgur; whole wheat couscous; brown rice</p> <p>Pasta: yolkless pasta; whole wheat pasta</p> <p>Starchy Vegetables: potatoes; corn; peas; winter squash, beans, lentils</p>	<p>Bread: enriched white flour products; homemade low-fat pancakes; low-fat quick breads, muffins, and waffles</p> <p>Grains and Pasta: enriched white flour products</p> <p>Crackers:  reduced fat snack crackers</p>	<p><b>Bread:</b> croissants; butter rolls; sweet rolls; pastries; donuts; muffins;</p> <p> store bought pancake, waffle, biscuit and muffin mixes</p> <p><b>Crackers:</b>  regular snack crackers</p> <p><b>Cereal:</b> granola made with saturated fats or tropical oils; sugary breakfast cereals</p> <p><b>Pasta:</b> egg noodles; pasta or rice dishes made with cream, butter, or cheese sauce</p> <p><b>Anything Deep Fat Fried</b></p>
<p>Fruits</p>	<p>Fruit: fresh, frozen, dried or canned fruit without added sugar</p>	<p>Juice: 100% juices</p>	<p>Fruit: chocolate or yogurt coated fruit; coconut. Dried or canned fruit with added sugar.</p>
<p>Dairy/Milk</p> 	<p>Milk: skim; 1%; evaporated skim;  low-fat buttermilk</p> <p>Cheese:  fat-free or low-fat cheese;  nonfat or low-fat cottage cheese; fat-free or low-fat ricotta; nonfat or low-fat cream cheese</p> <p>Yogurt: nonfat or low-fat yogurt (Greek or traditional)</p> <p>Misc: fat-free or low-fat sour cream; fat-free or low-fat non-dairy creamer or half &amp; half</p>	<p>Milk: 2%</p> <p>Cheese:  2% cheeses,</p>	<p>Milk: Whole; evaporated; sweetened condensed; half &amp; half; cream; non-dairy creamer with palm or coconut oil</p> <p>Cheese:  whole milk cheese; cream cheese</p> <p>Yogurt: full fat yogurt (Greek or traditional)</p> <p>Misc: sour cream</p>

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<p>Sweets/Snacks</p> 	<p>Beverages: water; tea or coffee without cream or sugar</p> <p>Snacks: Choose fruits, vegetables, low fat meat or cheese, boiled eggs, whole grain products, unsalted seeds or nuts, and low fat yogurt when possible instead of traditional “snack” foods.</p>	<p>Beverages: diet soda</p> <p>Cookies, Cake, Candy: low-fat cakes, pies, cookies or fruit cobblers; “light” cake mixes</p> <p>Snacks: air-popped popcorn; 98% fat-free microwave popcorn; pretzels; baked chips; rice cakes; popcorn cakes</p> <p>Frozen Desserts: sherbet; sorbet; Italian ice, low fat ice cream or frozen yogurt; popsicles; juice bars</p>	<p>Beverages: frappes; mochas; lattes; milk shakes; floats; eggnog; soda</p> <p>Cookies, Cake, Candy:  store-bought or full fat cake; pound cake; frosted cake;  store-bought or full fat cookies, pie, pastries; chocolate; candy</p> <p>Snacks:  potato/corn chips;  buttered popcorn</p> <p>Frozen Desserts: ice cream; ice cream bars; chocolate coated ice cream treats</p>
<p>Fish/ Poultry/ Meat</p> 	<p>Fish: canned light tuna in water; salmon; trout; halibut; sole; tilapia; catfish; red snapper; cod; clams; lobster; crab; scallops; oysters; shrimp</p> <p>Poultry: white meat without skin; ground turkey breast;  deli turkey or chicken breast</p> <p>Beef: (lean cuts) tenderloin; round; flank; 95-97% lean ground beef</p> <p>Pork: tenderloin</p> <p>Game: elk; deer; buffalo; antelope (without suet)</p> <p>Eggs: eggs (try to limit egg yolks to 4 per week); egg whites; cholesterol-free egg substitutes; omega-3 fortified eggs \</p> <p>*trim fat from all cuts of meat</p>	<p>Fish: mackerel, swordfish, shark &amp; albacore tuna due to high mercury content</p> <p>Poultry: dark meat without skin; ground turkey with dark meat</p> <p>Beef &amp; Pork:  lean ham;  deli roast beef or ham;  Canadian bacon;  fat free hot dogs;  98% fat free turkey bacon; 85% - 93% ground beef</p> <p>Lamb: leg and loin (well trimmed)</p> <p>Veal</p>	<p><b>All Deep Fried Choices</b></p> <p>Fish: canned tuna in oil;  caviar</p> <p>Poultry:  turkey bacon,  turkey or chicken sausage or cold cuts; turkey or chicken giblets; goose; domestic duck</p> <p>Beef:  corned beef; ground beef 80% or lower; short ribs; blade roast; T-bone; Porterhouse; prime rib</p> <p>Cold cuts:  bologna;  salami;  pastrami;  frankfurters</p> <p>Pork: spare ribs; blade roll;  bacon;  sausage;  chitterlings;  hot dogs</p> <p>Organ meat: liver; brain; kidney; tripe; etc.</p>

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<p>Meat Substitutes</p> 	<p>Meatless “Meat” &amp; “Chicken”:  burgers &amp; burger crumbles;  veggie dogs; low-fat TVP</p> <p>Soy Products:  soy cheese; calcium fortified soy milk; soy coffee creamer; soy nuts; soy beans; soy nut butter; soy flour; low-fat tofu; silken tofu; tempeh</p> <p>Legumes: beans; peas; lentils; edamame</p> <p>Misc: walnuts; almonds; peanuts; pistachios; pecans; hazelnuts; pine nuts; flaxseed; pumpkin seed; sunflower seeds</p>	<p>Meatless “Meat” &amp; “Chicken”: </p> <p>breakfast links, strips or patties;  corn dogs;;  chick patties;  chick nuggets;</p> <p> buffalo wings</p> <p>Misc: Other nuts</p>	<p>Soy Products: soy energy bars with chocolate or yogurt coating</p> <p><b>Anything Deep Fat Fried</b></p>
<p>Vegetables</p>	<p>Vegetables: fresh, frozen or  canned vegetables</p> <p>Juice:  vegetable juices</p>		<p>Vegetables: vegetables prepared with butter, cream or cheese sauce</p>
<p>Fats/Oils</p> 	<p>Unsaturated Fats: olive, peanut or canola oil; liquid or tub margarine; natural peanut butter ; walnuts; almonds; peanuts; pistachios; pecans; hazelnuts; pine nuts; flaxseed;</p> <p>pumpkin seed; sunflower seeds; avocados;  olives</p> <p>Misc:  nonfat salad dressing, fat-free mayo,  nonfat gravy and fat-free white sauce</p>	<p>Unsaturated Fats:  other nuts; corn, soybean, cottonseed or sunflower oil</p> <p>Misc: “light” salad dressing or “light” mayo</p>	<p>Saturated Fats: stick margarine; butter; lard; shortening; bacon fat; coconut, palm kernel, palm oil or tropical oils; full fat mayo</p> <p>Misc:  creamy salad dressing; </p> <p>Hollandaise sauce;  butter sauce; </p> <p>cheese sauce;  gravy</p>



= High Sodium (Limit sodium to 1500 mg per day)