



Food Groups	Many Women and Older Adults	Children, Active Girls and Women	Boys And Active Men	Sample Serving Sizes		Best Foods from Each Food Group	Nutrients Contributed by Each Group																
	1600 Calories Daily	2000 Calories Daily	2500 Calories Daily	g=grams	oz=ounces																		
<b>Go Whole Grains</b>	Servings 5	Servings 6	Servings 8	1/2 (30g) bagel or muffin 1 slice (30g) bread • 3-4 (30g) crackers 1 (30g) chapatti, tortilla, or English muffin 1 cup (40g) dry cereal • 1/4 cup (30g) granola 1/2 cup (100g) hot cereal, rice, or pasta		<b>Whole Grains</b> Amaranth, barley, brown rice, buckwheat, bulgur, kamut, maize, millet, multigrain, oats, popcorn, quinoa, rye, sorghum, teff, triticale, wheat, wild rice, yellow corn	Complex Carbohydrates, Fiber, Protein, Polyphenolics, Vitamin B-1 (Thiamine), Vitamin B-2 (Riboflavin), Niacin, Iron, Folate, Magnesium, Trace Minerals																
<b>Vary the Vegetables</b>	Servings 4	Servings 5	Servings 6	1 cup (50g) raw leafy vegetable salad 1/2 cup (50g) chopped raw vegetables 1/2 cup (80g) cooked vegetables 3/4 cup (100g) vegetable juice Unlimited—basil, cilantro, dill, ginger, oregano, parsley, rosemary, turmeric, etc.		<b>Vegetables</b> <i>Green:</i> Asparagus, bok choy, broccoli, cabbage, collards, kale, mustard greens, okra, romaine, spinach, turnip greens <i>Orange:</i> Carrot, pumpkin, rutabaga, sweet potato, squash <i>Red:</i> Beet, eggplant, radish, red cabbage & pepper, tomato <i>White:</i> Cauliflower, garlic, onion, potato, turnip	Complex Carbohydrates, Fiber, Potassium, Folate, Vitamin C, Calcium, Magnesium, Vitamin K, Flavonoids, Carotenoids, Anthocyanins																
<b>Focus on Fruits</b>	Servings 3	Servings 4	Servings 4	1 medium (100g) whole fruit 1 cup (100g) berries 1/2 cup (125g) lite or unsweetened canned fruit 3/4 cup (100g) unsweetened fruit juice 1/2 cup (125g) lite or unsweetened frozen fruit 1/4 cup (35g) dried fruit		<b>Fruits</b> <i>Blue-Red-Purple:</i> Blueberries, blackberries, boysenberries, cranberries, cherries, grapes, plum, prunes, raspberries, pomegranate, strawberries, watermelon <i>Citrus:</i> Grapefruit, kumquat, lemon, lime, orange, tangerine <i>Dry:</i> Dates, figs, raisins, prunes <i>Green:</i> Honeydew, kiwi <i>Orange:</i> Apricot, cantaloupe, papaya, persimmon <i>Yellow:</i> Banana, durian, mango, peach, pear, pineapple	Vitamin C Fiber Potassium Folate Magnesium Flavonoids Carotenoids																
<b>Delight in Dairy or Equivalents</b>	Servings 3	Servings 3	Servings 3	1 cup (245ml) non-fat or low fat milk 1 cup (245ml) full fat, fortified soy milk 1 cup (245ml) low fat or non-fat yogurt 1/2 cup (100g) low fat cottage or ricotta cheese 1/2 cup (100g) soy cheese 1.5 oz. (45g) low fat fresh cheese		<b>Dairy or Alternatives</b> <i>Dairy Products:</i> Low fat milk, yogurt, ricotta cheese, and other fresh cheeses <i>Fortified Dairy Alternatives:</i> Full fat soy or tofu beverages, soy yogurt, soy cheese	Calcium, Protein, Vitamins A and D, Riboflavin (B-2), Vitamin B-12, Iodine, Isoflavones in Soy																
<b>Protect with Proteins</b>	Servings 3	Servings 3	Servings 4	<table border="0"> <tr> <td></td> <td style="text-align: right;"><i>Protein g</i></td> </tr> <tr> <td>1/2 cup (100g) beans (cooked)</td> <td style="text-align: right;">8</td> </tr> <tr> <td>1 egg or 2 egg whites</td> <td style="text-align: right;">7</td> </tr> <tr> <td>1/2 cup (55g) meat analog</td> <td style="text-align: right;">10+</td> </tr> <tr> <td>2 cups (312g) mushrooms, cooked</td> <td style="text-align: right;">7</td> </tr> <tr> <td>1/4 cup (34g) pumpkin seeds</td> <td style="text-align: right;">8</td> </tr> <tr> <td>1/2 cup (100g) soybeans, cooked</td> <td style="text-align: right;">14</td> </tr> <tr> <td>1/2 cup (100g) tofu</td> <td style="text-align: right;">18</td> </tr> </table>			<i>Protein g</i>	1/2 cup (100g) beans (cooked)	8	1 egg or 2 egg whites	7	1/2 cup (55g) meat analog	10+	2 cups (312g) mushrooms, cooked	7	1/4 cup (34g) pumpkin seeds	8	1/2 cup (100g) soybeans, cooked	14	1/2 cup (100g) tofu	18	<b>Protein-rich Foods</b> <i>Beans:</i> Adzuki, black, fava, kidney, lima, navy, pinto, soy <i>Peas:</i> Blackeye, chick, pigeon, lentil, purple hull, split peas <i>Meat Alternatives:</i> Grains with legumes, soymeats, tofu, edamame, mushrooms, meat analogs <i>Nuts (6g protein):</i> 1/4 cup almonds or pistachios <i>Seeds (7g protein):</i> 1/4 cup pumpkin or sunflower seeds	Protein, Zinc, Iron, Fiber, Calcium, Vitamin B-6, Vitamin E, Niacin, Linoleic Acid (Omega 6), Linolenic Acid (Omega 3), Complex Carbohydrates
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<b>Find Healthy Fats</b>	Servings 2	Servings 3	Servings 5	<table border="0"> <tr> <td></td> <td style="text-align: right;"><i>Fat g</i></td> </tr> <tr> <td>1/4 cup (57g) avocado</td> <td style="text-align: right;">9</td> </tr> <tr> <td>2 tbsp. (13g) flax seed, ground</td> <td style="text-align: right;">5</td> </tr> <tr> <td>2 tbsp. (15 g) nuts, chopped</td> <td style="text-align: right;">10</td> </tr> <tr> <td>1 tbsp. (15g) nut butter or mayonnaise</td> <td style="text-align: right;">8</td> </tr> <tr> <td>1 tsp. (5g) margarine or plant oil</td> <td style="text-align: right;">4</td> </tr> </table>			<i>Fat g</i>	1/4 cup (57g) avocado	9	2 tbsp. (13g) flax seed, ground	5	2 tbsp. (15 g) nuts, chopped	10	1 tbsp. (15g) nut butter or mayonnaise	8	1 tsp. (5g) margarine or plant oil	4	<b>Healthy Vegetable Fats</b> <i>Nuts &amp; Seeds:</i> Brazil nuts, cashews, filberts, flax seeds, macadamias, pecans, sesame seeds, pine nuts, walnuts <i>Oils &amp; Spreads:</i> Canola, olive, soy, and walnut oils & vegetable oil margarine, salad dressings, mayonnaise <i>Other:</i> Avocado & olives	Vitamin E Linoleic Acid (Omega 6) Linolenic Acid (Omega 3)				
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<b>Select Few Sweets</b>	Avoid unhealthy fats and minimize or eliminate refined sugars to lose weight.			1/8 fruit pie (270 calories) 1 tablespoon fruit preserves (50 calories) 1/2 cup ice cream (200 calories) 1.5 oz chocolate bar (200 calories)		<b>Sweets</b> <i>Fruits:</i> Dried fruit, fruit cobbler and pie, fruit preserves, <i>Desserts:</i> Cookies, lite ice cream and sherbert	<b>Limit Intake</b> Desserts contain large amounts of calorie-loaded sugar and fat.																