

# Healthier Eating: Getting Where You Need to Be

The Dietary Guidelines for Americans recommends these food groups within **MyPyramid** as a good source of important nutrients that help provide the foundation for a healthy diet.\*



Increased intakes of fruits, vegetables, whole grains and fat-free or low-fat milk and milk products are likely to have important health benefits for most Americans, according to the Dietary Guidelines. They are encouraged for a healthful diet and are sources for specific nutrients of which many Americans are not getting enough – calcium, potassium, fiber, magnesium, vitamins A, C and E.



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)

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



**Vegetables** ✓ ✓ ✓

2-1/2 cups

One serving 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 serving 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 serving equals 1 cup milk, 1 container (8 oz.) yogurt, 1-1/2 oz. cheese



Source: Dietary Guidelines for Americans, 2005 (6th Edition). [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

\*The foods listed here are part of the MyPyramid food groups, which also include meat & beans and oils. Please visit [www.mypyramid.gov](http://www.mypyramid.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	Milk and Milk Products Low-fat and Fat-free
<ul style="list-style-type: none"> <li>• Whole-grain breakfast cereal</li> <li>• Whole-grain breads (wheat, rye, etc.)</li> <li>• Oatmeal</li> <li>• Brown rice</li> <li>• Popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Spinach</li> <li>• Carrots</li> <li>• Red or green pepper</li> <li>• Tomatoes</li> <li>• Sweet potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Peaches</li> <li>• Bananas</li> <li>• Grapefruit</li> <li>• Blueberries</li> <li>• Kiwi</li> <li>• Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• White milk</li> <li>• Flavored milk</li> <li>• Lactose-free milk</li> <li>• Cheddar cheese</li> <li>• Swiss cheese</li> <li>• Mozzarella cheese</li> <li>• Yogurt</li> </ul>
<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>✔ Snack on ready-to-eat, whole-grain cereals such as toasted oat cereal</li> <li>✔ Try brown rice or whole-wheat pasta</li> <li>✔ Try whole-grain snack chips, such as baked tortilla chips</li> <li>✔ Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in stir-fry or casseroles</li> <li>✔ Choose foods that name whole wheat, whole oats, brown rice, etc. first on the label's ingredient list</li> </ul>	<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>✔ Buy vegetables that are easy to prepare</li> <li>✔ Try crunchy vegetables, raw or lightly steamed</li> <li>✔ Shred carrots or zucchini into meatloaf, casseroles, quick breads, or muffins</li> <li>✔ Include chopped vegetables in pasta sauce or lasagna</li> <li>✔ Set a good example for children by eating vegetables with meals and as snacks</li> </ul>	<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>✔ Buy fresh fruits in season</li> <li>✔ Vary your fruit choices—fruits differ in nutrient content</li> <li>✔ Keep a bowl of whole fruit on the table, counter, or in the refrigerator</li> <li>✔ Refrigerate cut-up fruit to store for later</li> <li>✔ Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides</li> <li>✔ For dessert, have baked apples, pears, or a fruit salad</li> </ul>	<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>✔ Include milk as a beverage at meals</li> <li>✔ Use fat-free or low-fat milk instead of water to prepare oatmeal and hot cereals</li> <li>✔ Make a dip for fruits or vegetables from yogurt</li> <li>✔ Top casseroles, soups, stews, or vegetables with shredded reduced fat cheese</li> <li>✔ Make fruit-yogurt smoothies in the blender</li> <li>✔ If you are lactose intolerant, choose lactose-reduced or low-lactose alternatives such as cheese, yogurt, or lactose-reduced milk</li> </ul>



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