

GUIDE TO HEALTHY EATING

- Be physically active each day
- Aim for a healthy weight
- Choose a diet low in saturated fat and cholesterol, and moderate in total fat
- Choose a diet with a variety of fruits, vegetables, and grain products (especially whole grain)
- Use sugar, salt (sodium), and alcohol in moderation

Food Groups	Recommended Daily Servings	A Serving Equals
Grains	6-11	<ul style="list-style-type: none"> • 1 slice bread • ½ c. cooked rice/noodles • ½ c. cereal • 4-6 crackers
Vegetables	3-5	<ul style="list-style-type: none"> • ½ c. cooked vegetables • 1 c. raw vegetables
Fruits	2-4	<ul style="list-style-type: none"> • 1 fruit • ½ c. juice
Dairy	2-3	<ul style="list-style-type: none"> • 1 c. milk/yogurt • 1-2 oz. cheese • 1 c. enriched soymilk
Meat	2-3 (total of 5-7 oz.)	<ul style="list-style-type: none"> • 2-3 oz. lean meat/fish/poultry • To replace 1 oz. of meat, choose one of the following: <ul style="list-style-type: none"> – 1 egg – 4 oz. tofu – 2 Tb. peanut butter – ½ c. cooked beans – 1/3 c. nuts
Fats and Sugars	Springly	

Above recommendations are for adults in general.
 Children, teenagers, pregnant or breastfeeding women, persons with chronic diseases require different amounts.
 Please ask your doctor or dietitian.

Choose More Often

Grains	whole wheat bread brown rice bran cereal/oatmeal whole wheat crackers
Vegetables	dark green leafy – broccoli, spinach, choy sum, gailan, bok choy, deep yellow or orange – carrots, pumpkin, sweet potato, tomato
Fruits	orange, tangerine, grapefruit, cantaloupe, strawberries, kiwi, papaya, mango
Dairy	fat free milk/yogurt or enriched soymilk skimmed evaporated milk firm tofu in water
Meats	seafood (fish, scallop, clam, crab meat, lobster, oyster) skinless chicken breast lean beef or pork egg white dried beans tofu in water

Sample Meal Plan

Breakfast	oatmeal (½ - 1 c.) w/fat free milk (½ c.) and egg white (1-2) whole wheat toast w/ jam (1-2 slices) coffee or tea w/skimmed evaporated milk (1 Tb)
Lunch	macaroni (1 c.) w/bok choy (½-1 c.) and shredded chicken (2 oz.) in broth orange (1)
Snack	banana (½) unsalted whole wheat crackers (4-6) enriched soymilk (1 c.)
Dinner	rice (1-2 c.) tofu (1 square) w/beef (2 oz) steamed fish (2 oz.) broccoli (½-1 c.) bean soup (1 c.) apple (1)

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