

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.



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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.

*The foods listed here are part of the MyPyramid food groups, which also include meat & beans and oils. Please visit www.mypyramid.gov for more information.



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



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