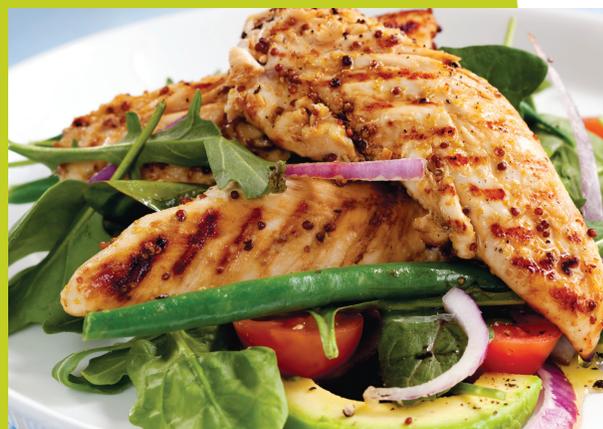


healthy eating

Protein. Keep it lean.



As part of a healthy diet, your protein should be lean and, at least twice a week, make seafood your choice.

Eat a variety of foods from the protein group each week, including seafood, beans, peas and nuts, in addition to meats, poultry and eggs.

Choose meats and ground beef that are at least 90% lean. Trim or drain fat from meat, and remove skin from poultry to cut fat and calories.

Eat 5½ ounces a day

What counts as an ounce? 1 ounce of lean meat, poultry or fish, 1 egg, 1 tbsp. peanut butter, ½ ounce nuts or seeds or ¼ cup beans.

Tips to help you make wise choices from the protein food group

Go lean with protein:

- The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin and ham.
- Choose extra lean ground beef. The label should say at least “90% lean.” You may be able to find beef that is 93% or 95% lean.
- Boneless, skinless chicken and turkey cutlets are the leanest poultry choices.

- Choose lean turkey, roast beef, ham or low-fat luncheon meats for sandwiches instead of those with more fat, such as bologna or salami.

Vary your protein choices:

- Choose seafood at least twice a week. Look for seafood rich in omega-3 fatty acids, such as salmon, trout and herring.
- Choose beans, peas or soy products as a main dish or part of a meal.
- Choose unsalted nuts for snacks, on salads, or in main dishes. Use nuts to replace meats and poultry, not in addition to these items.



www.choosemyplate.gov/foodgroups/proteinfoods_tips.html

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healthy eating

Fruit.

An easy choice for good health.



As part of a healthy diet, half your plate should include fruits and vegetables. Enjoy fruits as snacks, or in salads or desserts. At breakfast, top your cereal with bananas or strawberries. Add blueberries to pancakes. Fruits that are dried, frozen, or canned (in water or 100% juice) are good choices, as well as fresh fruit. Select 100% fruit juice when choosing juice.

Eat 2 cups a day

What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice, ½ cup of dried fruit.

Tips to help you eat more fruit

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they're less expensive and full of flavor.
- Buy fruits dried, frozen or canned (in water or 100% juice), as well as fresh, so you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose those packaged without added sugars.

At meals:

- Top your breakfast cereal with bananas or peaches. Add blueberries to pancakes. Drink 100% orange or grapefruit juice. Or mix fresh fruit with plain fat-free or low-fat yogurt.
- For lunch, pack a tangerine, banana or grapes, or choose fruit at the salad bar. Individual containers of peaches or applesauce are easy and convenient.
- For dinner, add crushed pineapple to coleslaw, or toss some orange sections or grapes into your salad.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
- Add fruit like pineapple or peaches to kabobs when you barbecue.
- For dessert, have baked apples, pears or fruit salad.



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healthy eating

Whole. grains.

A whole lot of good.



As part of a healthy diet, make half of the grains you eat whole grains.

Substitute whole grain choices for refined grain breads, bagels, rolls, breakfast cereal, crackers, rice and pasta.

Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.



Eat 6 ounces a day

What counts as a cup? 1 slice of bread, ½ cup cooked rice, cereal or pasta; 1 ounce of ready-to-eat cereal.

Tips to help you eat whole grains

At meals:

- Substitute a whole grain for a refined grain, such as eating whole wheat bread instead of white bread, or brown rice instead of white rice.
- Try brown rice or whole wheat pasta.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews, or bulgur wheat in casseroles or stir fries.
- Substitute whole wheat or oat flour for up to half the flour in pancake, waffle, muffin or other flour-based recipes.

What to look for on the food label:

- Choose foods with one of the following ingredients first on the ingredient list: brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole grain barley, whole grain corn, whole grain sorghum, whole oats, whole rye, whole wheat or wild rice.
- Foods labeled “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven grain,” or “bran” are usually *not* whole grain products.
- Read the ingredient list. Look for terms that indicate added sugars and added calories, such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses or raw sugar.



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