

## FRUITS

Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

The amount each person needs can vary between 1 and 2 cups each day.

Eating a diet rich in fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Rinse fruits before use. Under clean, running water, rub fruits briskly with your hands. Dry with a clean cloth towel or paper towel after rinsing.

## GRAINS

Any food made from wheat, rice, oats, cornmeal, barley, or cereal grain. Bread, pasta, breakfast cereals, grits, tortillas, popcorn, rice, and oatmeal are also included.

Varies between 3 and 8 ounce-equivalents. at least half of the grains you eat should be whole grains. Those who are very physically active may need more.

Important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.

## VEGETABLES

Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

The amount each person needs can vary between 1 and 3 cups each day.

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

Rinse vegetables before use. Under clean, running water, rub veggie briskly with your hands. Dry with a clean cloth towel or paper towel after rinsing.

## DAIRY

All fluid milk products foods made from milk that retain their calcium content, such as yogurt and cheese, Calcium-fortified soymilk.

The amount each person needs can vary between 2 and 3 cups each day.

Provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese. When choosing dairy, fat-free and low-fat dairy are good options.

## PROTEIN

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

The amount each person needs can vary between 2 and 6½ ounce-equivalents each day.

Nutrients Include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent.