

# New Guideline for your Food Choice

## VEGETABLES

*Vary your veggies*

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

## FRUITS

*Focus on fruits*

Eat a variety of fruit

Choose fresh, frozen, canned or dried fruit

Go easy on fruit juices

## GRAINS

*Make half your grains whole*

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta

## PROTEIN (MEAT & BEANS)

*Go lean with protein*

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine - choose more fish, beans, peas, nuts, and seeds

## MILK

*Get your calcium-rich foods*

Go low-fat or fat-free when you choose, milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

For a 2,000 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Eat 6 oz. every day

Eat 2 ½ cups every day

Eat 2 cups every day

Eat 5 ½ oz. every day

Get 3 cups every day for kids ages 2 - 8, it's 2

## Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

## Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as food that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fat and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.