

Fats:

A serving of fat can be:

1/8 avocado

1 Tbsp. cream cheese or salad dressing

1 tsp. butter, margarine, oil, or

mayonnaise

10 peanuts



- Eat less fat.
- Eat less saturated fat. It is found in meat and animal products such as hamburger, cheese, bacon, and butter.
- Saturated fat is usually solid at room temperature.

Fats, Sweets, & Alcohol

Sweets:

A serving of sweets can be:

1/2 cup ice cream

1 small cupcake or muffin

2 small cookies



- Choose sweets less often because they are high in fat and sugar.
- When you do eat sweets, make them part of your healthy diet. Don't eat them as extras.

Alcohol:

- If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health professional about a safe amount for you.

Milk

(2-3 servings)

A serving can be:

1 cup milk

1 cup yogurt



- Choose low-fat or nonfat milk or yogurt.
- Yogurt has natural sugar in it. It can also have added sugar or artificial sweeteners. Yogurt with artificial sweeteners has fewer calories than yogurt with added sugar.

Meat & Others

(2-3 servings)

A serving can be:

2 to 3 oz. cooked lean

meat, poultry, or fish

1/2 to 3/4 cup tuna or

cottage cheese

2 to 3 oz. cheese

1 egg*

2 Tbsp. peanut butter*

4 oz. tofu*



- Choose fish and poultry more often. Remove the skin from chicken and turkey.
- Select lean cuts of beef, veal, pork, or wild game.
- Trim all visible fat from meat.
- Bake, roast, broil, grill, or boil instead of frying or adding fat.

*equivalent to 1 oz. of meat

Vegetables

(3-5 servings)

A serving can be:

1 cup raw vegetables

1/2 cup cooked vegetables

1/2 cup tomato or

vegetable juice



- Choose fresh or frozen vegetables without added sauces, fats, or salt.
- Choose more dark green and deep yellow vegetables, such as spinach, broccoli, romaine, carrots, chilies, and peppers.



Fruits

(2-4 servings)

A serving can be:

1 small fresh fruit

1/2 cup canned fruit

1/4 cup dried fruit

1/2 cup fruit juice



- Choose whole fruits more often than juices. They have more fiber.
- Choose fruits and fruit juices without added sweeteners or syrups.
- Choose citrus fruit such as oranges, grapefruit, or tangerines.

Grains, Beans, & Starchy Vegetables

(6 or more servings)

A serving can be:

1 slice bread

1/2 small bagel, English muffin, or

pita bread

1/2 hamburger or hot dog bun

1 6-inch tortilla

4 to 6 crackers

1/2 cup cooked cereal, pasta, or

bulgur

1/3 cup cooked rice

3/4 cup dry cereal

1/2 cup cooked beans, lentils, peas,

or corn

1 small potato

1 cup winter squash

1/2 cup sweet potato or yam



- Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, brown rice, or bulgur. They're nutritious and high in fiber.
- Choose beans as a good source of fiber.
- Use whole-wheat or other whole-grain flours in cooking and baking.
- Eat more low-fat breads such as bagels, tortillas, English muffins, and pita bread.
- For snacks, try pretzels or low-fat crackers.

