



FOUNDATIONS FOR HEALTHY EATING

Eating more **FRUITS, VEGETABLES, WHOLE GRAINS** and **DAIRY PRODUCTS** is likely to have important health benefits for most Americans, according to the Dietary Guidelines. These foods are sources for specific nutrients of which many Americans are not getting enough — **CALCIUM, POTASSIUM, FIBER, MAGNESIUM** and **VITAMINS A, C, D** and **E**.

HOW MUCH DAILY?

**WHOLE
GRAINS**

**3 1/2 oz
SERVINGS**

VEGETABLES

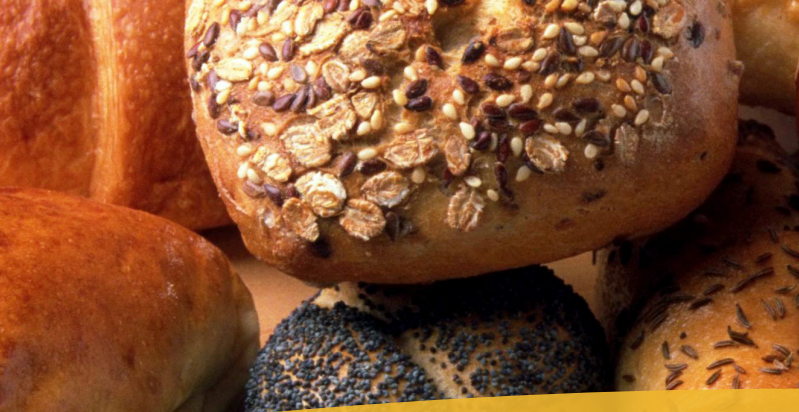
**2 1/2
CUPS**

FRUITS

**2
CUPS**

DAIRY

**3
CUPS**



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, or brown rice first on the label's ingredient list.

WHOLE GRAINS



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.

Be a good example for children by eating vegetables with meals and as snacks.

VEGETABLES

NUTRIENT-RICH TIPS

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.

FRUITS

Refrigerate cut-up fruit to store for later.

Rather than juice, choose whole, cut-up, frozen, or canned fruit for the benefits of dietary fiber.

For dessert, try baked apples, pears, or a fruit salad.



DAIRY

Use fat-free or low-fat milk instead of water to prepare oatmeal or 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.

