

# General Diets

## Healthful Eating Plan

### Healthful Eating Plan

If you eat more healthfully, you may be able to decrease your risk for common nutrition-related diseases such as diabetes, cardiovascular diseases, osteoporosis, and certain cancers. Eating healthfully doesn't mean giving up your favorite foods. *All* foods have their place in a healthful eating style! The best approach is to learn how to balance your food choices over the course of a day and week and to select more grain-based dishes, vegetables, and fruits.

Food Categories	Choose Most Often	Tips
<b>▲ BREADS, CEREALS, RICE, AND PASTA 6–11 SERVINGS EACH DAY</b>		
Serving size = 1 slice bread 1 oz ready-to-eat cereal ½ cup cooked cereal, rice, or pasta ½ bun, bagel, or English muffin 1 small roll, biscuit, or muffin 3–4 small or 2 large crackers 1 6-inch tortilla	Whole-grain or enriched breads, bagels, tortillas, English muffins, crackers, hamburger/hot dog buns, dinner rolls, and pita bread Whole-grain or enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina Whole-grain or enriched rice, spaghetti, macaroni, or other type of noodles Pancakes, waffles, pretzels, and rice cakes	Build daily menus around breads, cereals, rice, and pasta. Choose whole grains for added fiber. Go easy on biscuits, cakes, cookies, cornbread, croissants, danish, doughnuts, muffins, pie crust, tortilla chips, and fatty sauces or toppings added to foods in this group.
<b>▲ VEGETABLES 3–5 SERVINGS EACH DAY</b>		
Serving size = ½ cup cooked or chopped raw, 1 cup raw leafy, ¾ cup juice	All vegetables like asparagus, broccoli, cabbage, carrots, cauliflower, celery, corn, greens, green beans, onions, peas, peppers, potatoes, snow peas, spinach, squash, sweet potatoes, tomatoes, zucchini	Try adding grated carrots to a salad or pasta sauce, or chopped veggies to an omelette or stir-fry. Go easy on deep-fried vegetables, potato chips, pickled vegetables, and highly salted vegetables or juices.
<b>▲ FRUITS 2–4 SERVINGS EACH DAY</b>		
Serving size = 1 medium size, ¼ melon wedge, ½ cup chopped, cooked, or canned, ¼ cup dried, ¾ cup juice	All fruits and fruit juices like apple, apricot, banana, berries, cherries, dates, figs, grapes, grapefruit, kiwi, mango, melons, orange, papaya, peach, pear, pineapple, prunes, raisins, and tangerine	Fruits contribute vitamins, minerals, and fiber, and they make sweet and tasty snacks and desserts. Citrus fruits such as oranges, grapefruit, or tangerines provide vitamin C.
<b>▲ MILK, YOGURT, AND CHEESE 2–3 SERVINGS EACH DAY</b>		
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese	Fat-free and reduced-fat milk and milk products like fat-free or 1% milk, low-fat or nonfat plain yogurt, low-fat cheese and cottage cheese	For added calcium, sprinkle shredded cheese into salads and eggs or add yogurt to dips and salad dressings. Choose nonfat or reduced-fat dairy products to help trim fat.

*Table continued on following page*

## General Diets

### Healthful Eating Plan *Continued*

Food Categories	Choose Most Often	Tips
<b>▲ MEATS, POULTRY, FISH, DRY BEANS AND PEAS, EGGS, AND NUTS 2–3 SERVINGS EACH DAY</b>		
Serving size = 2–3 oz cooked lean meat, poultry, or fish; count 1 egg, ½ cup cooked dried beans, 2 tbsp peanut butter, or ⅓ cup nuts as 1 oz of meat	Lean beef such as sirloin, round, chuck Lean pork such as tenderloin Lean lamb such as chops or leg Veal Light-meat poultry without the skin All fresh, frozen, or canned fish and shellfish packed in water Eggs, dried beans and peas cooked without added fat, tofu	Foods from this group supply protein, iron, and vitamin B12. To minimize fat, select lean cuts of meat and trim surrounding fat, remove skin from poultry, and broil, bake, stir-fry, or grill. Once a week try going “meatless” for dinner or lunch.

### ▲ FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES

Use sparingly	Include moderate amounts occasionally: alcoholic beverages, bacon, butter, candy, cream, cream cheese, frosting, fruit drinks, gelatin desserts, honey, jam, jelly, lard, margarine, mayonnaise, molasses, popsicles, salad dressings, shortening, soft drinks, sour cream, sugar, syrup, vegetable oil	Foods in this group add flavor and pleasure to eating but provide mostly calories with few or no nutrients.
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### Important Points to Keep in Mind

- All foods can be part of a healthful eating style. Use the Food Guide Pyramid to plan your food selections and to help you balance your choices over the course of the day or week.
- Healthful eating and physical activity go hand in hand. Each day participate in activities you like, such as walking, jogging, or swimming. Thirty minutes is recommended, but it need not happen all at once.
- Variety is an important part of eating healthfully. Each week try one new recipe, or when eating out order something you’ve never tried before.
- When you read food labels, focus on the nutrition information that applies to your eating goals.

### Sample Menu for Healthful Eating

BREAKFAST	LUNCH	SNACK	DINNER
Orange juice (¾ cup) Whole-grain cereal (¾ cup) with fresh berries (½ cup) Whole-wheat toast (2 slices) topped with jam (1 tbsp) Reduced-fat milk (1 cup) Coffee or tea	Vegetable soup (1 cup) with crackers (4) Hamburger (3 oz) on a toasted bun (1) with mustard (1 tbsp), ketchup (1 tbsp), sliced tomato (2 oz), and lettuce Fresh fruit salad (½ cup) Coffee or tea	Graham crackers (4) Fresh apple (1 medium) Reduced-fat milk (1 cup)	Tossed salad (1 cup) drizzled with vinegar and oil dressing (1 tbsp) Broiled, savory chicken breast (3 oz)—remove skin before eating Herbed brown rice (½ cup) Steamed broccoli (½ cup) Whole-grain roll (1) topped with margarine (2 tsp) Low-fat frozen strawberry yogurt (½ cup) Coffee or tea

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## OTHER INSTRUCTIONS

# Food Guide Pyramid

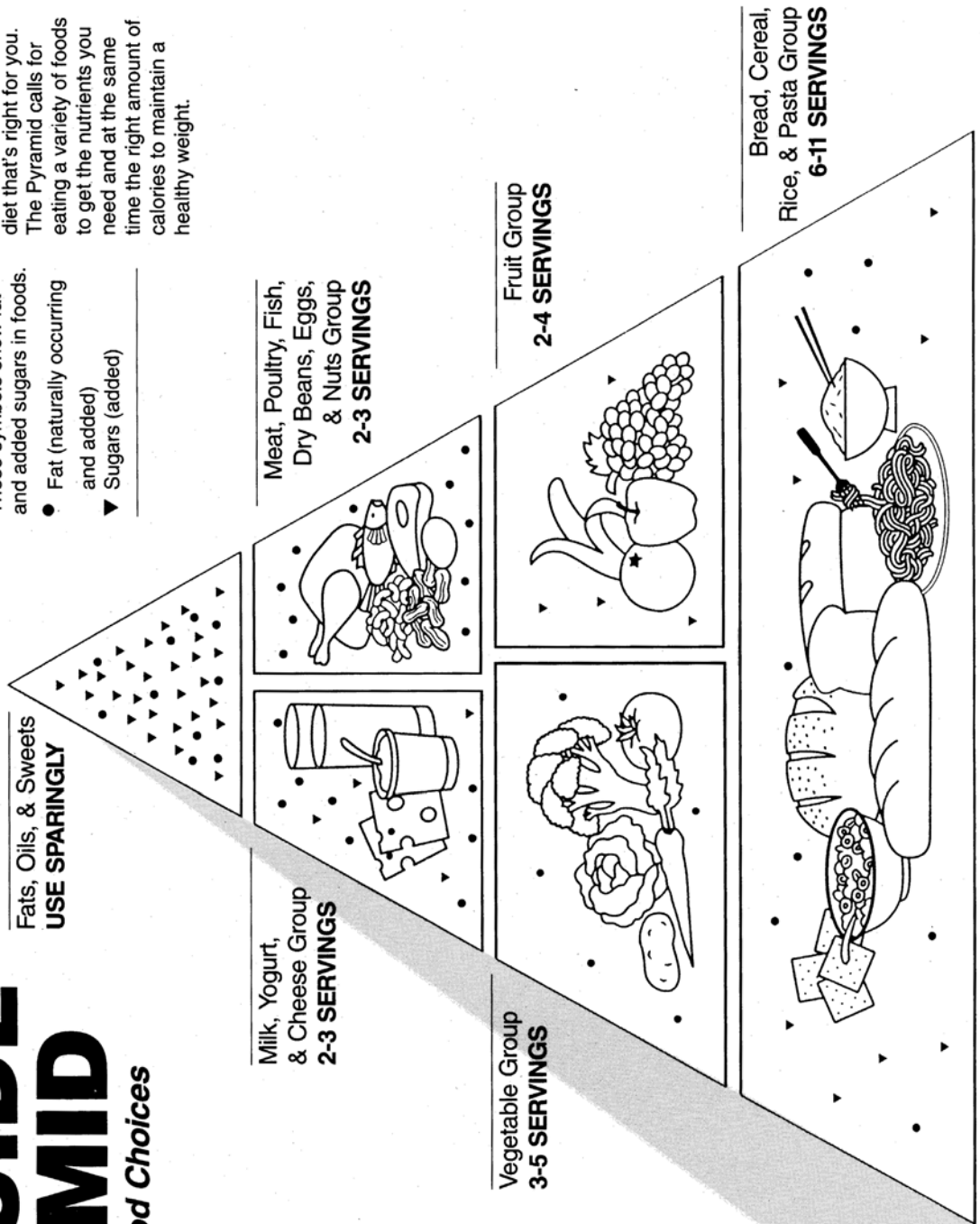
# FOOD GUIDE PYRAMID

*A Guide to Daily Food Choices*

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

**KEY**  
These symbols show fat and added sugars in foods.

- Fat (naturally occurring and added)
- ▼ Sugars (added)



The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another — for good health, you need them all.

Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

Provided by: the Education Department of the NATIONAL LIVESTOCK AND MEAT BOARD.

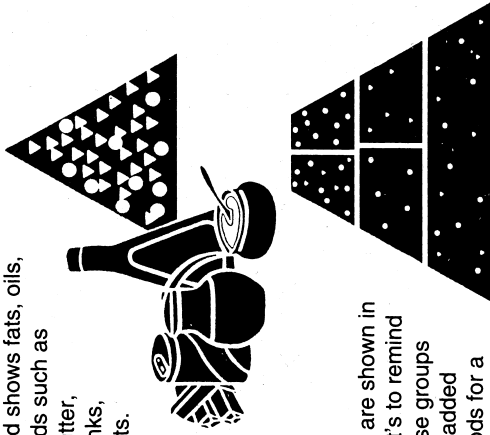
# What Counts as 1 Serving?

▲ The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings.

Bread, Cereal, Rice, & Pasta Group	Vegetable Group	Fruit Group	Milk, Yogurt, & Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group	Fats, Oils, & Sweets
1 slice of bread ½ cup of cooked rice or pasta ½ cup of cooked cereal 1 ounce of ready-to-eat cereal	½ cup of chopped raw or cooked vegetables 1 cup of leafy raw vegetables	1 piece of fruit or melon wedge ¾ cup of juice ½ cup of canned fruit ¼ cup of dried fruit	1 cup of milk or yogurt 1½ ounces of natural cheese 2 ounces of process cheese	2½ to 3 ounces of cooked lean meat, poultry, or fish 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat	LIMIT CALORIES FROM THESE especially if you need to lose weight

## A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.



Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.

	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
<b>Calorie level*</b>	about 1,600	about 2,200	about 2,800
<b>Bread group</b>	6	9	11
<b>Vegetable group</b>	3	4	5
<b>Fruit group</b>	2	3	4
<b>Milk group</b>	2-3**	2-3**	2-3**
<b>Meat group</b>	2	2	3
	for a total of 5 ounces	for a total of 6 ounces	for a total of 7 ounces

\*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.  
 \*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

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