FOOD GROUPS

VEGETABLES
A great source of vitamins, minerals, and fiber.

NON STARCHY: LEAFY GREENS, BROCCOLI, ASPARAGUS, EGGPLANT, PEPPERS
Daily servings: 3-4
Example of a serving: 1 cup of spinach

STARCHY VEGETABLES: ROOTS LIKE CARROTS AND BEETS. POTATOES, SQUASH, AND CORN.
Daily servings: 2-3
Example of a serving: 1/2 cup of roasted carrots

Starchy vegetables can replace grain servings. They provide complex carbohydrates and fiber.

FRUITS
PEARS, APPLES, STRAWBERRIES, WATERMELON
A great source of vitamins (vitamin c, folate), minerals, and fiber. Naturally sweet. Eat the skin or peel when possible.
Daily servings: 2-4
Example of a serving: 1 medium sized pear.

DAIRY
MILK, CHEESE, YOGURT
Provides minerals as well as naturally occurring carbohydrates.
Daily servings: 2-3
Example of a serving: 1 cup of milk or 1 oz of cheese.

MEATS, POULTRY
BEEF, PORK, TURKEY, CHICKEN
High in protein and minerals (specifically iron)
Daily servings: 0-3
Example of a serving: 3 oz of chicken thigh

SEAFOOD
TUNA, SALMON, CRAB, AND SHRIMP
High in protein and minerals (specifically zinc)
Daily servings: 0-3
Example of a serving: 3 oz of tuna salad
FOOD GROUPS

GRAINS
BREAD, CEREALS, RICE, PASTA, OATS, NOODLES
An important source of complex carbohydrates, fiber, B vitamins, and many minerals. Choose whole grains!
Daily servings: 2-3 servings per day.
Example of a serving: 1 slice of bread, 1/2 cup of pasta or rice

SEE OUR "WHOLE GRAINS" PAGE FOR MORE INFORMATION

LEGUMES
BLACK BEANS, KIDNEY BEANS, CHICKPEAS, & MORE!
A great source of protein, fiber, and minerals.
Daily servings: 2-4
Example of a serving: 1/2 cup of cooked beans

NUTS & SEEDS
ALMONDS, CASHEWS, SUNFLOWER SEEDS, NUT BUTTERS
High in protein, high in fat, nutritionally dense.
Daily servings: 1-2
Example of a serving: 1 oz of almonds (~20 almonds)

A BALANCED DIET
Is made up of 4-5 food groups per day. The American Heart Association recommends a healthy dietary pattern that includes fruits, vegetables, whole grains, beans, legumes, fish, skinless poultry, nuts, and dairy products, and limits sodium, saturated fat, red meat and added sugars.