

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: 3oz chicken thigh

OR

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

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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

Legumes count as one of your protein servings. Try replacing meat or seafood with legumes for some meal.

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.