**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

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**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.

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**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.

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**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
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

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.