Adapted from OILS & FATS

Use oils with unsaturated fat; like olive oil. Oils are high in calories, so use sparingly. Use oils for salad dressings or cooking. Limit saturated fat intake.

FLUIDS
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy, juice, and sugary drinks.

OILS & FATS

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VEGETABLES
The more the better!
Eat a variety of vegetables. Choose uncooked, sautéed or grilled when possible.

STARCHES & GRAINS
Vegetables like potatoes, carrots, or corn. Eat a variety of whole grains. Limit refined grains.

FRUIT (2-4 servings/day)
Fruit makes a great snack.
Whole fruit is a better choice than juice. Vary the colors of the fruits you eat!

PROTEIN
Choose beans, nuts, fish, beef, pork, or poultry. Choose items without additives when possible. Some cheeses and yogurts are high in protein as well!

NON-STARCHY VEGETABLES

PROTEIN RICH FOODS

STARCHY VEGETABLES OR WHOLE GRAINS

VEGETABLES

FRUIT

FLUIDS

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