



## Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.

Fill half your plate with fruits and vegetables.



## Fruits

Focus on fruits. Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



## Grains

Make at least half your grains whole.

Read labels to find more whole grain foods.

Whole wheat, oatmeal and brown rice are all good.



## Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



## Dairy

Get your calcium-rich foods.

Remember to buy skim milk or 1% milk.

Go easy on cheese.

Skim yogurt is a good choice, too.

