



Make half of your plate Fruits and Vegetables.

The rest of your plate should have foods from Grains, Protein Foods, and Dairy.

Meal Planning Tips

Most of your fats should come from vegetable oils such as canola, corn, olive, peanut, safflower, soybean, and sunflower.

Limit foods high in saturated fats such as butter, cream, lard, fatty meats, bacon, sausage, coconut, coconut oil, palm oil, and palm kernel oils.

Check the Nutrition Facts label to limit saturated fat and sodium.

Choose food and beverages low in added sugars. Added sugars contain calories with few, if any nutrients. Drink water instead of sugary drinks.

Prevent Choking

Do not give children under 4 years of age the following foods: popcorn, nuts, seeds, large chunks of meat or cheese, hard pieces of vegetables or fruits (fresh or dried), hard candies, marshmallows, chips, whole grapes, and fish or meat with bones. Peanut butter or nut butter can cause choking. Peanut butter or nut butter should only be given when spread thinly on crackers or toast; or thinned and blended into foods.



Fruits

Make most of your choices whole or cut-up fruit rather than juice.



Vegetables

Eat a variety each day.



Grains

Make at least half of your grains whole grains.

- 100% Whole Wheat Bread
- 100% Whole Wheat Pasta
- 100% Whole Wheat Tortillas
- Corn Tortillas
- Brown Rice
- Oatmeal
- Cereal



Protein Foods

Go lean with protein.

- Meat
- Poultry
- Fish
- Beans
- Peanut Butter
- Eggs
- Nuts



Dairy

- Milk
- Cheese
- Yogurt



For adults and children 2 years and older, drink 1% lowfat or fat free milk.

