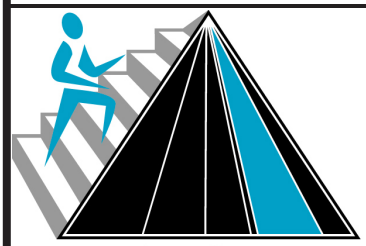
Mix up your choices within each food group!

Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned, or dried fruit.
- Go easy on fruit juices.

Vary your vegetables.

- Eat more dark green veggies like broccoli, spinach and other dark leafy greens.
- Eat more orange vegetables like carrots and sweet potatoes.
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

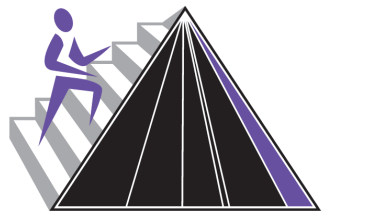


Get your calcium-rich foods.

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products.
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Make half your grains whole.

- Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day.
- 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta.



Go lean with protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it, or grill it.
- Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.

Limit fats, salt, and sugars.

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.