

Making Healthy Food Choices

Use these lists to help you make healthier choices for your meals and snacks.

	Choose More Often	Choose Less Often
<p>Vegetables (Nonstarchy) <i>5 or more servings a day</i></p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • ½ cup cooked • 1 cup raw 	<p>A colorful variety</p> <p>Fresh or frozen (without salt or sauces added)</p> <p>For lettuce, choose dark and leafy greens</p>	<p>Vegetable juice</p> <p>Canned vegetables</p> <p>Vegetables with butter, cheese, or cream sauces</p> <p>Breaded or fried vegetables</p> <p>Salads with sweet or creamy dressings</p>
<p>Fruit <i>2-3 servings a day</i></p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • 1 small piece of whole fruit • ½ cup diced fruit • 2 tablespoons dried fruit • ½ cup (4 ounces) juice 	<p>A colorful variety</p> <p>Fresh, frozen, or canned (in their own juice or water, without sugar added)</p>	<p>Fruit juice</p> <p>Dried fruit with sugar added</p> <p>Fruit juice smoothies</p> <p>Canned fruit in syrup</p> <p>Fruit salads with sugar added</p>
<p>Starch (Starchy Vegetables, Whole Grains, and Legumes) <i>6 servings a day</i></p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • ⅓ cup cooked grains, rice, or pasta • 1 slice bread • ½ English muffin or pita • ¼ large bagel • ½ cup potato (baked, roasted, mashed) or ¼ large baked potato • ½ cup corn or green peas • 1 cup winter squash • ½ cup beans, peas, or lentils (can count as starch or protein) <p>Look for 3 or more grams of fiber per serving.</p>	<p>Fresh, frozen, or canned starchy vegetables: cassava, corn, green peas, hominy, plantain, potato, pumpkin puree, sweet potato, winter squash, yam (without salt or sauces added)</p> <p>Whole grains, like brown rice, barley, and quinoa</p> <p>Whole-grain breads</p> <p>Whole-grain cereals (oats, puffed, shredded wheat)</p> <p>Corn tortillas</p> <p>Whole-grain crackers (low fat)</p> <p>Beans, peas, and lentils—cook dry beans or choose low-sodium canned beans (if canned, drain and rinse)</p>	<p>Vegetables with butter, cheese, or cream sauces</p> <p>Breaded or fried vegetables</p> <p>White bread and white rice</p> <p>Egg noodles</p> <p>Instant cooked cereals and granola-type cereals</p> <p>Flour tortillas</p> <p>Ready-made meals and meal starters</p> <p>Crackers and chips</p> <p>Croutons</p> <p>Pastries and baked goods</p>

Choose More Often

Choose Less Often

Protein

5-6 servings a day

1 serving equals:

- 1 ounce cooked lean meat, poultry, or fish
- 1 whole egg, 2 egg whites, or ¼ cup egg substitute
- 1 tablespoon nut butter
- ⅓ cup hummus
- ½ cup tofu
- 1 cup edamame in pod or ½ cup shelled
- 1 ounce cheese
- ½ cup beans, peas, or lentils (can count as starch or protein)

Fish (fresh or frozen, made without added fat)
 Low-sodium canned tuna, salmon, or sardines (water packed)
 Tofu or soybean products (with less than 3 grams fat, without salt added)
 Beans, peas, and lentils—cook dry beans or choose low-sodium canned beans (if canned, drain and rinse)
 Chicken or turkey (fresh or frozen, whole or ground, unsalted, without skin)
 Nut butters (ingredients list only nuts and salt)
 Egg whites

Red meats (limit to 2-3 servings a month; prime rib, spare ribs, ground beef, pork, lamb, chicharrones, cracklings)
 Canned, salted, smoked, and processed meats (deli meats, bologna, salami, sausage, hot dogs, corned beef, bacon, ham, chorizo, jerky)
 Canned, salted, and smoked fish
 Duck, goose
 Cheese (look for 3 grams of fat or less per ounce)
 Breaded and fried proteins
 Canned and salted beans, peas, and lentils
 Processed nut butters with added sugar and fat

Fats

4 servings a day (includes ingredients used in cooking)

Fats are **very calorie dense** and have small serving sizes

Nuts (2 tablespoons: walnuts, almonds, cashews, peanuts, pecans, pistachios)
 Nut butters (1½ teaspoons)
 Seeds (1 tablespoon: sunflower, pumpkin, flax, sesame, chia)
 Avocado (2 tablespoons)
 Olives (8-10 total)
 Oils (1 teaspoon: olive, canola, flaxseed, peanut, corn, avocado, walnut, grape seed, soybean, sunflower)
 Trans-fat-free margarine or vegetable oil spread (1 tablespoon)

Butter (1 teaspoon)
 Coconut (2 tablespoons fresh, shredded)
 Cream (1 tablespoon)
 Cream cheese (1 tablespoon)
 Lard (1 teaspoon)
 Oils (1 teaspoon: coconut, palm, palm kernel)
 Shortening (1 teaspoon)
 Sour cream (2 tablespoons)

Milk, Yogurt, and Dairy Alternatives

2-3 servings a day

1 serving equals:

- 1 cup (8 ounces) milk or dairy alternative
- 6 ounces yogurt

Nonfat (skim) milk
 Low-fat (1%) milk
 Plain or Greek yogurt (less than 3 grams fat and 100 calories or less per 6-ounce serving)
 Unsweetened, calcium-fortified soy, rice, and nut (almond, cashew) milk

2% or whole milk
 Sweetened milk (for example, chocolate)
 Yogurt with more than 3 grams fat and more than 100 calories per 6-ounce serving
 Sweetened yogurt
 Sweetened soy and nut milk

Free Foods

- Broth (low sodium)
- Flavoring extracts
- Herbs and spices
- Hot pepper sauce
- Lemon juice
- Mustard (1 tablespoon)
- Vinegar
- Worcestershire sauce
- Carbonated water
- Unsweetened tea
- Coffee (with no cream or sugar added)

Food Log

Use the food log below to plan your meals ahead of time, take notes, and track as you go through your day. Check one box for each serving you eat or drink in each category.

Nonstarchy Vegetables 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fruit	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Healthy Grain or Starch 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Healthy Protein 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Milk, Yogurt, and Dairy Alternatives	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Fats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Snacks/Other		
Water (8 ounces)		
Physical Activity/Exercise		
Mood		

<p>Nonstarchy Vegetables</p> 		
<p>Fruit</p>		
<p>Healthy Grain or Starch</p> 		
<p>Healthy Protein</p> 		
<p>Milk, Yogurt, and Dairy Alternatives</p>		
<p>Fats</p>		
<p>Snacks/Other</p>		
<p>Water (8 ounces)</p>		
<p>Physical Activity/Exercise</p>		
<p>Mood</p>		