



VEGETABLES

Vary your veggies.

Make half your plate fruits and veggies.

Select vegetables with more potassium often, such as white potatoes, sweet potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.



FRUITS

Focus on fruits.

Make half your plate fruits and veggies.

Color your plate! Fill it with red, yellow, orange, blue, and purple fruits.

Whole fruits are a better choice than juice.



GRAINS

Make at least half your grains whole.

Start smart with breakfast. Look for whole grain cereals.

Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole."



PROTEIN

Go lean with protein.

Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

Mix it up! Beans, peas, nuts, seeds, and eggs are all great sources of protein, too.



DAIRY

Get your calcium-rich foods.

Look at the carton or package to make sure your milk, yogurt, or cheese is fat-free or low-fat (1%).

Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.