

# EAT HEALTHY

## Vegetables

- 40% of meal plan
- Eat between 2 to 2-1/2 cups of vegetables a day
- Vegetables are divided into five subgroups:
  - Dark-Green Vegetables- broccoli, kale
  - Red and Orange Vegetables, red peppers, carrots
  - Starchy Vegetables- potatoes, corn
  - Beans and Peas- black beans, lentils (this subgroup also contains a valuable amount of plant protein)
  - Other Vegetables- varies in the nutrient content. Contains vegetables that do not fit in any of the other subgroups

## Grains

- 30% of meal plan
- 0.36 grams per pound or 0.8 grams of protein per kilogram of body weight
- Whole grains and Refined grains contain many healthful components
- At Least half of your grains should be whole
- Whole grains: oatmeal, whole wheat pasta, whole wheat bread
- Refined grains: flour tortillas, pretzels, white rice

## Proteins

- 20% of meal plan
- Women should eat 5-6 oz of grains per day
- Men should eat 6-8 oz
- Protein in our diets come from both animal and vegetable sources
- Supply the body with B vitamins, vitamin E, iron, zinc and magnesium
- Trim or drain fat from meat and remove skin from poultry to cut fat and calories
- Beef, chicken, tuna, eggs, tofu, nuts and seeds are all examples of protein

- ## Fruits
- 10% of meal plan
  - between 1-1/2 to 2 cups of fruit a day
  - No fruit contains any cholesterol
  - Most fruit are low in fat, sodium and calories
  - Red fruits keep your heart strong
  - Orange fruits keep your eyes healthy
  - Yellow fruits prevent you from getting sick easily
  - Apples, cherries, kiwi, peaches, grapes, and bananas are examples of fruit