

## How to Make Easy Healthy Food Choices at Home

The U.S. Department of Agriculture (USDA) recommends an overall healthy dietary pattern tailored to your personal and cultural food preferences. This pattern can include a variety of vegetables, fruits, whole grains, beans, legumes, fish, skinless poultry, nuts, and fat-free/low-fat dairy products, and should limit sugary drinks, sweets, fatty or processed meats, solid fats, and salty or highly processed foods. It's all about making smart choices when you are at home. In order to make smart choices at home it starts with making healthy choices at the grocery store and having them available in your home when it is time to prepare a meal.

Here are the recommended number of daily or weekly servings of each food type, based on eating a total of 2,000 calories a day. Your calories need may be different, depending on your age, activity level and whether you are trying to lose, gain, or maintain your weight.



1 cup raw leafy greens, ½ cup cut up vegetables, ½ cooked beans or peas, ¼ cup 100% vegetable juice

Fruits, Fresh, Frozen, Canned and Dried 4 servings per day

1 medium whole fruit, ½ cup cut up fruit, ¼ cup 100% fruit juice, ¼ cup dried fruit

Grains, half should be whole grain 6 servings per day

1 slice bread, 1 small tortilla, 1 cup cereal flakes, ½ cup cooked rice, pasta or cereal, ½ cup popcorn



1 cup milk, 1 cup yogurt, 1.5 oz. cheese

Poultry, meat and eggs - lean and extra lean, skin and fat removed 8-9 servings per week

3 oz. cooked meat or poultry, 1 egg or 2 egg whites

Fish and other seafood - oily fish 2-3 servings a week 3 oz. cooked fish or seafood

Nuts, Seeds, Beans, and Legumes 5 servings per week

Tbsp. peanut butter, 2 tbsp. or ½ oz. nuts or seeds ¼ cup cooked beans or peas



1 Tbsp. vegetable oil, (canola, corn, olive, soybean, safflower)

1 Tbsp. soft margarine, 1 Tbsp. low-fat mayonnaise, 1 Tbsp. light salad dressing