

Are You Eating Enough of These Super Foods?

The 2005 Dietary Guidelines for Americans and Food Guidance System (MyPyramid) Recommend Eating a Variety of Foods from These Groups for Better Health

Milk and Milk Products



3 cups daily ¹
(fat free or lowfat)

1 cup milk =
• 1½ ounces of cheese
• 1 cup of yogurt

Health Benefit

Improve bone mass, nutrient adequacy, healthy weight*

How to Get It ²

Add lowfat milk instead of water to hot cereals and soups
Pack calcium-rich lunches – include lowfat yogurt or string cheese
Try lowfat flavored milk like chocolate or strawberry

Fruits and Vegetables



2 cups fruit and 2½ cups vegetables daily ¹

1 cup fruits/vegetables =
• 1 large apple
• 1 banana

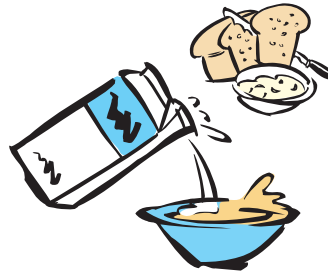
Health Benefit

Decrease risk for stroke, type 2 diabetes, certain types of cancer ¹

How to Get It ³

Slice strawberries or bananas on your cereal
Have a salad with lunch and an apple for an afternoon snack
Buy ready-to-eat fruits and vegetables

Grains



3 or more servings of whole grains daily with remaining servings whole or enriched ¹

1 ounce =
• 1 slice of whole grain bread
• 1 cup whole grain breakfast cereal
• ½ cup cooked whole grain cereal

Health Benefit

Decrease risk for diabetes, coronary heart disease ¹

How to Get It ⁴

Stock your pantry with staples made from whole grains: cereal, brown rice, low-fat whole-wheat crackers, breads, and rolls
When eating away from home, select a whole grain cereal for breakfast
Make a habit of requesting foods made from enriched or whole grains

Meat and Beans



5½ ounces daily ¹

1 ounce =
• 1 ounce cooked lean meats, poultry, fish
• 1 egg
• ¼ cup cooked dry beans
• ½ ounce nuts or seeds

Health Benefit

Provide protein, magnesium, and other nutrients
Add nutrient variety to the diet¹

How to Get It ¹

Bake, broil or grill lean meats and poultry
Include more fish, beans, peas, nuts, and seeds

Note: Servings are based on a 2,000 calorie diet.

* Adults and children should not avoid milk and milk products because of concerns that these foods lead to weight gain.

Sources:

¹ Dietary Guidelines for Americans, 2005 (6th Edition). www.healthier.us.gov/dietaryguidelines

² The National Institute of Child Health and Human Development "Milk Matters" campaign, www.nichd.nih.gov/milk/milk.cfm

³ CDC National Center for Chronic Disease Prevention and Health Promotion, www.cdc.gov/nccdphp/dnpa/tips/quick_tips.htm

⁴ American Dietetic Association, www.eatright.org

