

**What can I eat?** “Your Healthy Food Guide” gives ideas about what kinds of foods are good for you. Remember, this is only a guide. Talk with your doctor or dietitian about making a meal plan just for you.

## Your Healthy Food Guide

### Vegetables



Choose **dark green and orange vegetables** as often as you can.

**Aim for 2½ to 3 cups a day. Here are choices that equal 1 cup:**

- 1 cup cut up raw or cooked or vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

### Fruits



Choose **fresh whole fruits** as often as you can.

**Aim for 1½ to 2 cups a day. Here are choices that equal 1 cup:**

- 1 cup cut up raw or cooked fruit
- 1 cup fruit juice
- ½ cup dried fruit

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts



**Aim for 5 to 6 ounces a day. Here are choices that equal 1 ounce:**

- 1 ounce lean meat, fish, or chicken
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts
- ¼ cup cooked dry peas or beans such as kidney, white, split, or blackeye
- ¼ cup tofu

### Milk, Yogurt, and Cheese



**Aim for 3 cups a day. Here are choices that equal 1 cup:**

- 1 cup nonfat or low-fat milk or yogurt
- 1½ ounces cheese

### Breads, Cereals, Rice, and Pasta



Choose **whole grain foods** for at least 3 of your 6 choices.

**Aim for 6 to 7 ounces a day. Here are choices that equal 1 ounce:**

- ½ cup of cooked cereal
- ½ cup cooked rice or pasta
- 1 cup ready-to-eat cereal
- 1 slice of whole grain bread
- ½ small bagel or 1 small muffin

### Heart-healthy Fats



**One serving is**

- 1 teaspoon vegetable, olive, or canola oil
- 1 teaspoon tub margarine
- 5 large olives or ⅛ avocado
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat salad dressing

**How much should you eat?**

You get most of the fat your body needs from other foods you eat—so choose only a few extra servings of these heart-healthy fats each day.

Source: USDA ([www.usda.gov](http://www.usda.gov))

### Regular Soda, Candy, Cookies, and Desserts



If you choose to eat these foods, have a very small amount and **not every day**.

### How much should I eat?

The amount of food you need to eat each day varies with your age, sex, height, and activity level. The amounts in “Your Healthy Food Guide” are right for girls age 11 to 17 or boys age 11 to 14 who get 30 to 60 minutes of physical activity each day. If you are a boy older than 14, or if you want to enter your own height or activity level, visit [www.mypyramid.gov](http://www.mypyramid.gov).

**Limit your screen time.** Turn off the TV and get moving! Several studies have found that teens who watch a lot of TV have more body fat than those who watch TV less than two hours a day.

## More physically active?

- If you are overweight, **check with your doctor** before you start a physical activity program.
- **Be active every day.** Physical activity should be part of your daily life. Play sports, take P.E. or dance, or other exercise classes—check out your local Y for some ideas. Get from place to place by walking or biking. Take the stairs whenever you can.



**Try to cut some calories.** If you cut **100 to 200 calories a day**, it can make a big difference.

If you:	You could cut about:
Drink water instead of regular soda or a sweetened fruit drink	150 calories
Eat a piece of fruit instead of a candy bar or a bag of chips	200 calories
Eat a small serving of french fries or share a big one	250 calories
Eat one half cup of sugar-free, nonfat pudding instead of regular ice cream	150 calories