



# MHealthy Nutrition: MY DAILY FOOD PLAN



**Key healthy eating strategy:** Try to eat a variety of foods from the different food groups most days.

## GRAINS

### Choose whole grains

- Whole wheat breads, tortillas
- Whole wheat pasta
- Brown or wild rice
- Whole grain cereal (oats)
- Popcorn
- Bulgur (cracked wheat)
- Quinoa

### Key health benefits:

Whole grains may:

- Reduce risk of coronary heart disease
- Reduce risk of type 2 diabetes
- Reduce constipation

### How to choose a better bread and cereal:

- Step 1: look for 100% whole grain on package
- Step 2: look for a whole grain as the first ingredient, such as whole wheat flour or oat flour
- Step 3: choose one with more fiber (at least 2 grams of fiber per slice or per serving)

## DAILY GOAL

- At least half your grains whole
- A variety of fruits and vegetables

## VEGETABLES

### Enjoy lots of color:

- Fresh vegetables
- Frozen (no added sauces)
- Canned (no salt added)

### Key health benefits:

May reduce risk for:

- Stroke
- Type 2 diabetes
- Some cancers
- Coronary heart disease

## FRUITS

### Choose whole fruits

- Fresh fruit
- Canned fruit (no sugar added)
- Frozen fruit (no sugar added)

### Key health benefits:

May reduce risk for:

- Stroke
- Type 2 diabetes
- Some cancers
- Coronary heart disease

### MILK, YOGURT AND CHEESE

- Milk
- Non-dairy milks, yogurts, and cheeses
- Yogurt

#### **Key health benefits:**

May reduce risk for:

- Osteoporosis
- High blood pressure

**Daily Goal = 1000mg Calcium**

### PROTEIN RICH FOODS

- Fish
- Beans
- Eggs
- Meat alternatives
- Skinless chicken or turkey breast
- Lean beef or pork (cuts from the loin or round)
- Lean ground beef or ground turkey breast (90% or leaner)

#### **Key health benefits:**

- Essential for every day functions of the body, such as building bones, muscles, cartilage, skin and blood
- Maintain healthy immune system
- Reduce risk of cardiovascular disease (from omega-3 fatty acids in fish and walnuts)

### BENEFICIAL FATS

- Canola oil, olive oil
- Soft tub, squeeze or spray margarine (trans fat free)
- Avocado, olives
- Nuts, seeds, nut and seed butters

#### **Key health benefits:**

- Lower risk of heart disease
- Absorb fat-soluble vitamins A, D, E and K