



What is in the grain group?

Any food made from wheat, rice, corn, oats, or another cereal grain.

What are whole grains?

Whole grains contain the entire grain kernel. Whole grain foods are:

- Whole-wheat flour
- Brown rice
- Popcorn
- Oatmeal

How much should I eat?

Most people need about 6 ounces per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender. At least half of your grains should be whole grains!

What is an ounce?

One ounce equals:

- 1 slice of bread
- 1 cup of whole grain breakfast cereal
- ½ cup of cooked rice, pasta, or cereal
- 6" diameter tortilla

Nutrition

Whole grains can reduce the risk of heart disease, weight gain, and constipation.

Shopping List

Ideas for incorporating more whole grains in your diet:

- Use 100% whole wheat bread on sandwiches.
- Substitute whole wheat flour in place of all-purpose flour.
- Add brown rice to recipes instead of white rice.
- Eat hot oatmeal for breakfast.

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What is in the vegetable group?

All vegetables and 100% vegetable juices are included in this group. Veggies may be raw, cooked, fresh, frozen, canned, or dried. It's important to eat a variety of colorful vegetables to get all the nutrients they provide.

How much should I eat?

Most people need about 2 ½ cups per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender.

What counts as a cup?

- 1 cup of raw or cooked vegetables
- 1 cup of cooked beans or peas
- 1 cup of 100% vegetable juice
- 2 cups of raw leafy greens

Nutrition

Vegetables provide vitamins, minerals, and dietary fiber. Eating vegetables as a part of a healthy diet can reduce the risk for:

- Heart disease
- Stroke
- Type 2 Diabetes
- Cancer
- Weight gain

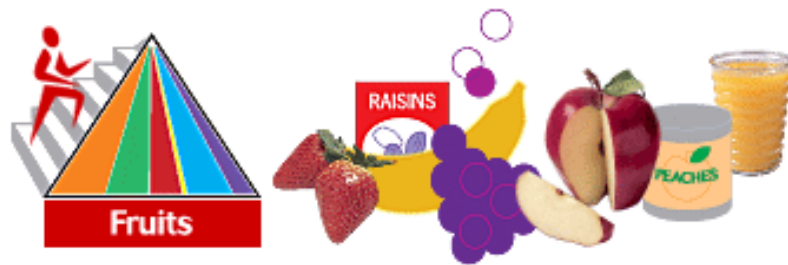
Shopping List

Ideas for including vegetables in your diet:

- Buy fresh vegetables when they're in season. They cost less and taste better.
- Look for reduced sodium canned vegetables for a quick side dish.
- Keep cut up vegetables in the refrigerator for snacking. Try celery sticks, baby carrots, cucumber slices, or bell pepper strips.
- Try dipping veggies in low-fat dips and dressings for some added flavor.

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What is in the fruit group?

Any fruit or 100% fruit juice is included in this group. Fruits may be fresh, canned, frozen, or dried. They may be whole, cut-up, or pureed. It's important to eat a variety of fruits in order to get all the nutrients they provide.

How much should I eat?

Most people need about 1 ½ cups per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender.

What counts as a cup?

- 1 cup of cut-up fruit
- 1 cup of 100% fruit juice
- ½ cup of dried fruit
- 1 piece of fruit – the size of fruit varies and can be 1 small apple, 1 medium grapefruit or pear, 1 large orange or peach, or 1/8 of a melon

Nutrition

Fruits provide vitamins, minerals, and dietary fiber. Eating fruit as a part of a healthy diet can reduce the risk for:

- Heart disease
- Stroke
- Type 2 Diabetes
- Certain cancers
- Weight gain

Shopping List

Ideas for getting more fruit in your diet:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Take a piece of fruit to work or school as a snack.
- Buy fresh fruits in season when they cost less and taste better.
- Buy canned fruits packed in water or juice.
- Make most of your choices whole or cut-up fruit rather than juice to gain the benefits of dietary fiber.

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What is in the milk group?

Fluid milk, cheese, and yogurt are included in the milk group. Foods made from milk that are low in calcium (cream cheese, cream, and butter) are not part of the milk group.

How much should I eat?

Most people need about 3 cups per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender. Most choices should be fat-free or low-fat to avoid raising “bad” cholesterol.

What counts as a cup?

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese (cheddar, mozzarella, Swiss)
- 2 ounces of processed cheese (American)

Nutrition

Milk and milk products create strong bones and teeth and may help prevent osteoporosis.

Shopping List

Ideas for including milk in your diet:

- If you usually drink whole milk, gradually switch to fat-free milk to reduce saturated fat and calories. Start by trying 2% milk, then 1%, and finally fat-free (skim) milk.
- Have fat-free or low-fat yogurt as a snack.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk instead of water to make condensed soups (like cream of tomato).
- For dessert, make pudding with fat-free or low-fat milk.

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What is in the meat and beans group?

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are included in this group. Dry beans and peas are part of this group *and* the vegetable group.

How much should I eat?

Most people need about 5 ounces per day. Some people may need a little more or a little less, depending on their physical activity level, age, and gender. Most meat and poultry choices should be lean or low-fat.

What counts as an ounce?

- 1 ounce of meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds

Nutrition

Foods from the meat and beans group provide protein, vitamins, and minerals for healthy bodies.

Shopping List

Tips for including meats and beans in your diet:

- Buy lean meats.
- Trim away any visible fat or skin on meat and poultry before cooking.
- Choose foods low in saturated fat and cholesterol.
- Cook beans without added fat.
- Choose nuts as a snack or on salads. Replace meat or poultry in main dishes with nuts, fish, and seeds.

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