

Are You Eating Enough of These Super Foods?

The 2005 Dietary Guidelines for Americans Recommends Eating a Variety of Foods from These Groups for Better Health

Fat-free or low-fat milk and milk products



At least 3 cups daily¹

1 cup milk =

- 1½ ounces of cheese
- 1 cup of yogurt

Health Benefit

Improve bone mass, nutrient adequacy, healthy weight*

How to Get It²

Add low-fat milk instead of water to hot cereals and soups

Pack calcium-rich lunches – include low-fat yogurt or string cheese

Try low-fat flavored milk like chocolate or strawberry

Fruits and vegetables



At least 4½ cups daily¹

1 cup fruits/vegetables =

- 1 large apple
- 1 banana
- 2 cups leafy salad greens

Health Benefit

Decrease risk for stroke, type 2 diabetes, certain types of cancer¹

How to Get It³

Slice bananas or strawberries on your cereal

Have a salad with lunch and an apple for an afternoon snack

Buy ready-to-eat fruits and vegetables

Whole grains



At least 3 one-ounce servings daily, with half of total grains from whole grains¹

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 disease¹

How to Get It⁴

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

Lean Protein



5½ ounces daily¹

1 ounce =

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

Health Benefit

Rich source of protein, magnesium, and other nutrients

Add nutrient variety to the diet¹

How to Get It¹

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.¹

Sources:

¹ 2005 Dietary Guidelines for Americans, www.healthierus.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/nccphp/dnpha/tips/quick_tips.htm

⁴ American Dietetic Association, www.eatright.org

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