

LIVE WELL!

ADVICE FOR TODAY

Enjoy Nutrient-Rich Foods as the Foundation of a Healthy Diet

Nutrient-rich foods give you the most vitamins, minerals and other nutrients for the fewest calories. To live well, build your daily eating plan on a variety of nutrient-rich foods first:

- Brightly colored fruits and 100% fruit juices
- Vibrant-colored vegetables
- Whole, fortified and fiber-rich grain foods
- Fat-free and lowfat milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans and nuts



Smart Portion Size Guide

Comparing your portion sizes to everyday objects helps you choose the amounts that are right for you. Use the portion size guide below to gauge how much you're eating.

To find your personal pyramid and the amounts from each food group that are right for you, go to MyPyramid.gov.

Fruits

- 1 medium apple or orange = a baseball
- 1/2 cup raisins = a large egg
- 1 cup 100% fruit juice = 1 small (8 oz) carton



Meat & Beans

- 3 ounces cooked meat, poultry or fish = a deck of cards
- 2 tablespoons peanut butter = a golf ball
- 1/2 cup beans = a computer mouse



Vegetables

- 1 cup vegetables = a baseball
- 1 cup raw, leafy vegetables = a baseball
- 1 small baked potato = a computer mouse



Milk, Yogurt & Cheese

- 1 cup milk = a small (8 oz) chug
- 1 cup yogurt = an 8-ounce yogurt container
- 1-1/2 ounces cheese = about 3, 1-inch cubes



Grains

- 1/2 cup cooked cereal, pasta or rice = a computer mouse
- 1 cup dry cereal = a baseball
- 1 bagel = a hockey puck
- 1 tortilla = a small (7-inch) salad plate
- 1 pancake or waffle = a music CD
- 4 small cookies such as vanilla wafers = 4 casino chips



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