



# basic guidelines for healthy eating

**All foods can fit into a healthy diet!** Studies show that an eating pattern that includes a variety of nutrient-dense foods with limited added sugars, saturated fat, and sodium helps to promote health and prevent disease.

**Use this handout as a guide** when deciding what to eat and drink. Choose whole or minimally processed forms of the foods listed most of the time. Modify as needed to allow for taste and cultural preferences, various eating approaches, and the occasional sweet treat!



## Fruits & Veggies

Provide a variety of nutrients and antioxidant plant compounds



## Nuts & Seeds

Compact sources of nutrients including protein, fiber, and unsaturated fats



## Lean Meat, Poultry, Eggs & Meat Alternatives

Contain protein, essential B vitamins, and minerals



## Whole Grains

Contain more nutrients and fiber than refined grains



## Seafood

Provides anti-inflammatory omega-3s in varying amounts



## Liquid Oils

Provide mostly unsaturated fats that support heart health, especially if replacing solid fats



## Water

Carries nutrients to cells and hydrates the body



## Beans, Peas & Lentils

Budget-friendly options that deliver plant protein plus vitamins, minerals, and fiber



## Dairy & Fortified Soy Alternatives

In addition to calcium, fermented options, such as yogurt and kefir, have bacteria that support gut health



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	Basic Guideline	What's a Serving?
<b>Fruits &amp; Veggies</b>	<b>5 or more servings per day</b> (aim for a mix of colors)	<ul style="list-style-type: none"> <li>• <b>1 cup</b> raw, cooked, canned or frozen</li> <li>• <b>1 large piece or 2 small pieces</b> fresh fruit</li> <li>• <b>2 cups</b> leafy greens</li> <li>• <b>½ cup</b> dried fruit</li> <li>• <b>1 cup</b> 100% juice</li> </ul>
<b>Whole Grains</b>	<b>3 or more servings per day</b> (make half your grains whole grains)	<ul style="list-style-type: none"> <li>• <b>1 slice</b> of bread</li> <li>• <b>1 cup</b> ready-to-eat cereal</li> <li>• <b>½ cup</b> cooked whole grains, pasta or cereal</li> </ul>
<b>Dairy &amp; Fortified Soy Alternatives</b>	<b>3 servings per day</b>	<ul style="list-style-type: none"> <li>• <b>1 cup</b> milk or fortified soy beverage</li> <li>• <b>1 cup</b> yogurt, fortified soy yogurt or kefir</li> <li>• <b>1 ½ oz.</b> of cheese</li> </ul>
<b>Nuts &amp; Seeds</b>	<b>About a handful each day</b>	<ul style="list-style-type: none"> <li>• <b>¼ cup</b> nuts or seeds</li> <li>• <b>2 Tbsp</b> nut butter</li> </ul>
<b>Seafood</b>	<b>2 or more servings per week</b>	<ul style="list-style-type: none"> <li>• <b>4 oz.</b> cooked seafood; includes fresh, frozen, and canned</li> </ul>
<b>Beans, Peas &amp; Lentils</b>	<b>3 or more servings per week</b>	<ul style="list-style-type: none"> <li>• <b>½ cup</b> cooked</li> </ul>
<b>Lean Meat, Poultry, Eggs &amp; Meat Alternatives</b>	<b>5 servings per day, ideally divided between two or more meals</b> (limit or avoid red and processed meats)	<ul style="list-style-type: none"> <li>• <b>1 oz.</b> cooked lean beef, pork, chicken or turkey</li> <li>• <b>1 oz.</b> tempeh</li> <li>• <b>¼ cup</b> tofu (about 2 oz.)</li> <li>• <b>1 egg</b></li> </ul>
<b>Liquid Oils</b>	Use in place of solid fats	<ul style="list-style-type: none"> <li>• Includes olive, canola, safflower, sunflower, avocado, soybean, grapeseed</li> </ul>
<b>Water</b>	Needs vary based on age, gender, activity level, and climate. Most healthy adults can use thirst as a guide.	<ul style="list-style-type: none"> <li>• Choose unsweetened options such as still or sparkling water, fruit, veggie or herb infused water, tea, and coffee</li> </ul>

These guidelines are intended for adults and are based on the 2020-2025 Dietary Guidelines for Americans and the Mediterranean Diet. If you have a specific dietary need or a medical condition, check with your doctor to see if these guidelines are suitable for you.



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