

Make a Healthy Day

Aim to balance your food groups throughout the day rather than putting too much thought into each meal. You don't need every food group present in every meal or snack.



Veggies	<ul style="list-style-type: none"> • Fill half your meals with vegetables. • Choose a variety of veggies - the more colors, the better. • Add vegetables to breakfast (to eggs, too!), sandwiches, pasta, and rice. • Munch on raw veggies for a crunchy snack. You can't have too much!
Grains	<ul style="list-style-type: none"> • Make at least half your grains whole. • Start with whole wheat pasta, whole grain bread, and brown rice. • Also try corn tortillas, grits, oats, barley, quinoa, bulgur, and wild rice. • Look on labels for the word "whole" to avoid marketing gimmicks.
Protein	<ul style="list-style-type: none"> • You don't need a lot of protein: only about 1/4 of your meal. • Go lean with protein by choosing seafood, skinless chicken, and eggs. • Incorporate more plant-based proteins like beans, lentils, nuts, and seeds.
Fruits	<ul style="list-style-type: none"> • You only need about 1-2 servings of fruit per day. • Having fruit with breakfast and a snack are easy ways to incorporate more fruit in your diet. • Try having a piece of fruit to curb your sweet tooth. • Fruit juice is not a good substitute for whole fruit. You should limit it.
Dairy	<ul style="list-style-type: none"> • Limit dairy consumption. • Try cultured dairy like low-fat yogurt and cheese instead of milk. • Switch to fat-free or low-fat milk and dairy products. • Always measure your cheese.
Fat	<ul style="list-style-type: none"> • Eat more unsaturated (plant-based) than saturated (animal-based) fat. • Great choices include olive and canola oils, nuts, seeds, seafood, fish, and avocado. • Always measure your oils and fats.