

The 5 Food Groups

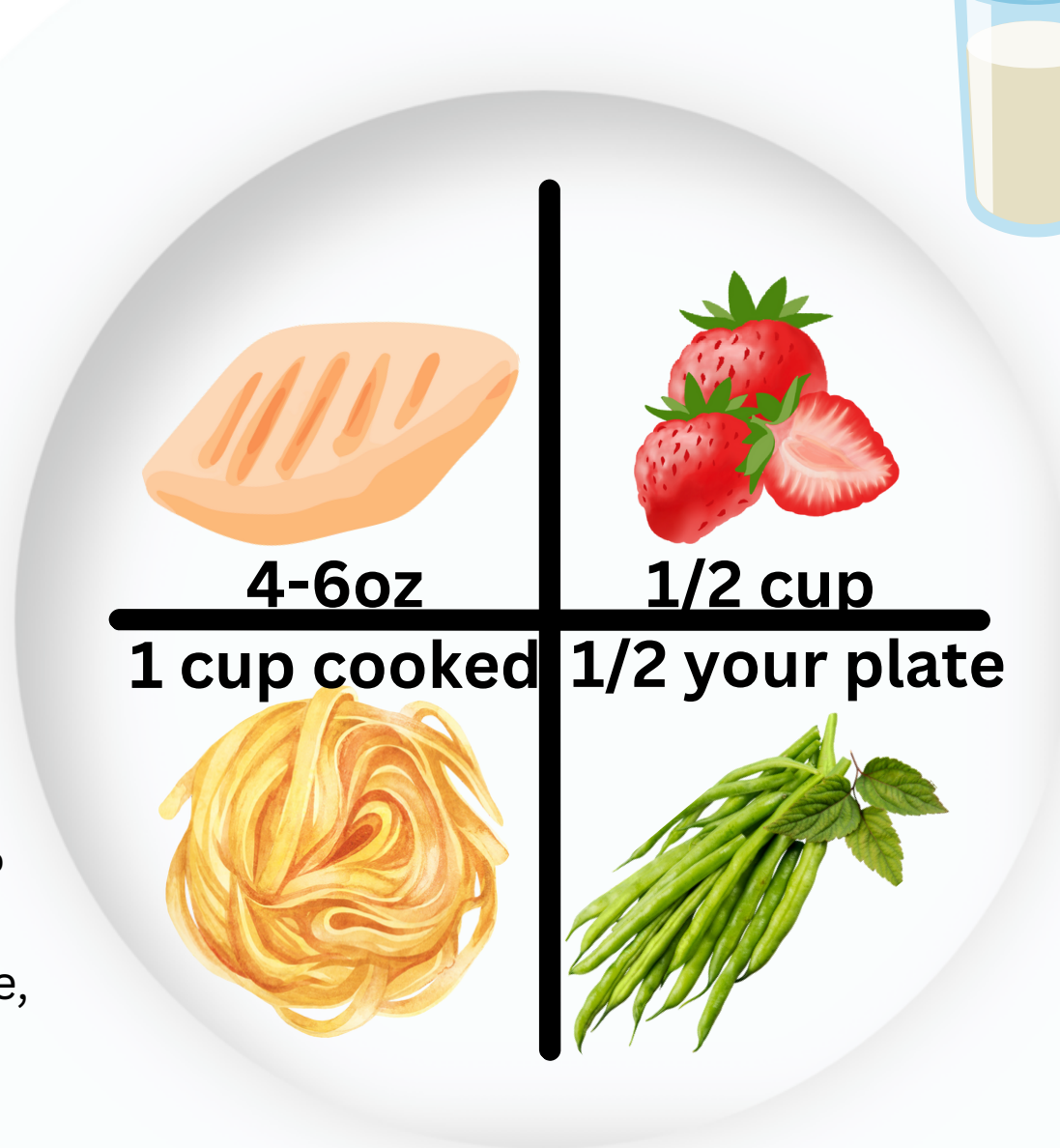
Choose the healthiest versions from each!

Protein

- Preferably lean.
- Chicken (no skin) , 93% lean meat, fish, eggs, etc.
- 1/4 cup nuts
- 1/2 cup beans

Grains

- Preferably 100% whole grain.
- Cereal, pasta, rice, potato, etc.
- Popcorn, wheat thins, granola bar, tortilla chips



Dairy

- Low/Non-fat milk
- 1/4 cup cheese
- string cheese
- 1/2 cup yogurt or cottage cheese.

Fruit

- 1/4 cup dried fruit, 1/2 cup fruit juice.

Veggies

- Unlimited, but careful with oils & dressings