

# The US Food Plate



## GRAINS

Make half your grains whole

- Choose whole grains for breakfast & at least one other meal
- Try whole grain whole wheat pasta
- Choose whole wheat for a whole grain hot cereal like oatmeal & hot cereals
- Add healthy fats like olive oil to grains



## VEGETABLES

Fill your veggie

- Eat fresh vegetables for dinner – try tomatoes, bell peppers
- Fill meals around a vegetable main dish such as a vegetable salad
- Cook up or vegetable in soup through container in the refrigerator
- Snack carrots or cucumbers with hummus, cucumber, and apple slices



## MEAT & BEANS

Go lean with proteins

- Start with lean proteins and remove visible fat and skin
- Choose fish more often
- Use dry beans or place in soups
- Add only to soups or meat dishes as a substitute for meat



## FRUITS

Focus on fruits

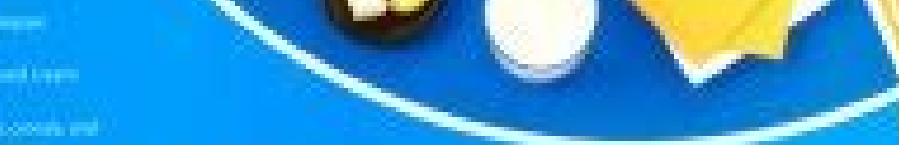
- Use a fruit and juice choice – they count as fruits
- Try cereal, potatoes, noodles and yogurt with berries or dried fruit
- Snack on dried fruit – they are easy to carry and store well
- Eat a variety of fruits in your diet



## MILK

Get your calcium-rich foods

- Include low-fat or fat-free milk as a beverage at meals
- Add milk instead of water to cereal, oatmeal and hot cereals
- Use milk when making condensed cream soups – fat-free
- Choose calcium-fortified juices, cereals, and meats if you don't eat dairy products



## OILS

- Many Americans consume enough oil in the foods they eat, so eat sparingly
- Cook with small amounts of oil instead of butter or margarine



A Whole Diet Approach to Healthy Eating

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# United States Of America Food Guide

**SA Adler**



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,    *Manual of Pediatric Nutrition* ,1997-10-01 This revised 3rd edition of the Twin Cities District Dietetic Association TCDDA Manual of Pediatric Nutrition is the result of a cooperative effort on the part of the pediatric dietitians from the major children s hospitals pediatric units and public health agencies serving children in the Minneapolis St Paul metropolitan area This joint effort was undertaken with the belief that a single manual written by dietitians with experience and expertise in various areas of pediatrics would promote continuity in the nutritional care of the pediatric population in the Twin Cities Topics include General Nutrition Nutrition Assessment Consistency Modifications Diabetes Weight Management Nutrition for Children with Special Health Care Needs and many more    **Handbook of Nutrition and Food** Carolyn D. Berdanier,Johanna T. Dwyer,David Heber,2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science

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