



Our Meal Planning 1+2+3 chart makes it easy to include all of these major food groups in your meals and snacks

	Whole Grains & Starchy Vegetables	Non-Starchy Vegetables	Fruits	Dairy/ Alternatives	Meat/Alternatives	Heart -Healthy Oils	Elective Choices
Food Group Choices Chart	Look for “Whole” preceding the grain on ingredient list.	Strive for variety and at least 3 cups a day	There is nothing sweeter, more nutritious and filling than whole fruit.	The following cup equivalents provide similar amounts of calcium.	A 3-ounce portion of meat is roughly the size of a deck of cards.	1 tsp = 5 grams unsaturated fat	See Elective Choices handout
	Breads: Sliced Bread English Muffin Pita Bagel Roll/Bun Naan Cereals: 1 cup Cheerios ® 1 cup Wheaties ® 1 cup Total ® 1 oz Shredded Wheat ¾ cup Life ® Cooked Grains Oatmeal Brown Rice Pasta Couscous Quinoa Starchy Vegetables Corn Potatoes Sweet Potatoes Winter Squash Acorn Butternut Pumpkin Popcorn	Leafy Greens Romaine Spinach Swiss Chard ABCs Asparagus Beets Bell Peppers Bok Choy Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cucumbers Eggplant Green Beans Mushrooms Okra Onions Peas Radishes Snow Peas Summer Squash Tomatoes Turnips Zucchini	Apples Apricots Bananas Grapes Mangoes Nectarines Peaches Pears Pineapple Plums Clementines Grapefruit Oranges Blueberries Cherries Raspberries Strawberries Cantaloupe Honeydew Watermelon Juice and dried fruit are less filling than whole fruit so it is easier to consume more calories. 100% Juice Dried Fruit	1 cup Skim or 1% Milk 1 cup Calcium-Fortified Soy Milk 1 cup Fat-free Plain Yogurt 1 ½ oz Reduced-fat Hard Cheese 1/3 cup Reduced-fat Shredded Cheese 1 oz Calcium-Fortified Soy Cheese	Lean Meat Choices Chicken Breast Turkey Breast Shellfish Cod Flounder Trout Canned Light Tuna Salmon Sardines “Select” grades of Meat: Round, Sirloin, Flank, Tenderloin, Rib, Chuck, Rump Non-Meat one-ounce equivalents 1 Egg/ 2 Egg Whites/ ½cup Egg Substitute ½ oz (2 Tbsp) Nuts/Seeds 1 Tbsp Nut Butter 1 Tbsp Tahini ¼ cup cooked Dried Beans/Peas 2 oz / ¼ cup Tofu 1 oz / 1/8 cup Tempeh 1 oz Seitan 1/8 cup Roasted Soybeans 2 Tbsp Hummus 4 oz Falafel Patty ½ Soy or Bean Burger Patty ¼ cup 1% or Nonfat Cottage Cheese ½ cup 0% Greek Yogurt	Olive oil Canola oil Peanut oil Sesame oil Oil containing foods: Olives (8 large = 1 tsp oil) Avocado (½ med = 3 tsp) Nuts (½ oz = 1 tsp) Nut Butters (1 Tbsp = 1 tsp) See food label for grams of fat per serving of other foods containing oils: Mayo Salad dressings Crackers Chips Sauces	Higher fat Meats Higher fat Dairy Sweetened Grains Solid fats Alcohol Desserts Snacks Sweetened Beverages

