

Choose Healthy Foods



Fruits

Eat whole fruit instead of drinking juice.



Grains

Eat more **whole** grains:

- Whole grain cereals
- Whole wheat bread
- Barley
- Wild rice
- Quinoa
- Oats



Vegetables

Eat more red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli.



Protein

Choose lean protein:

- Nuts & nut butters
- Chicken
- Fish
- Soy foods
- Lentils
- Beans



Dairy

Have a cup of fat-free or low-fat dairy foods with each meal.



Water

Water First for Thirst! Drink water instead of sugary drinks like soda pop, sports drinks and fruit drinks.



Foods to Eat Less Often:

