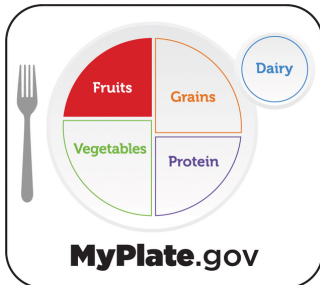
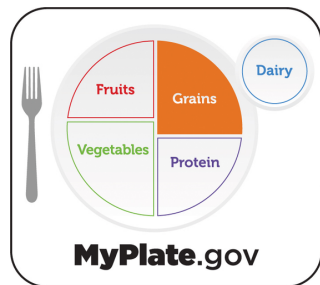


# MAKE A HEALTHY DAY

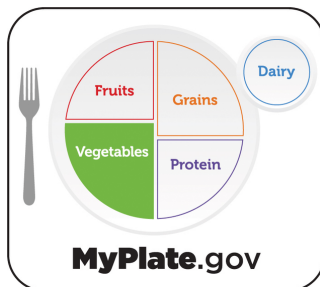
Aim to balance your food groups throughout the day rather than putting too much pressure on each meal.



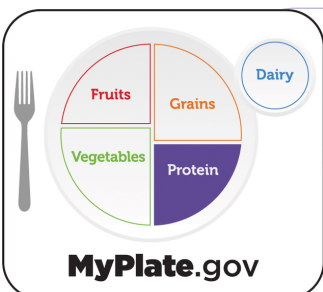
- Aim for 1-2 servings of fruit per day
- Try having fruit when you are craving something sweet
- Try to limit fruit juice consumption and consume whole fruits when possible



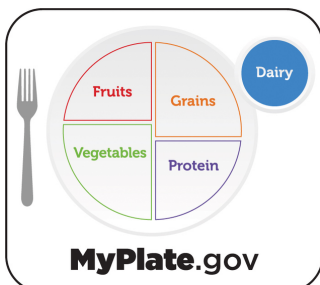
- Make at least half of your grains whole
- Check the ingredients list for the word "whole" to avoid marketing gimmicks
- Whole grains are high in fiber which can support healthy digestion



- Adults should strive to consume at least 2-4 cups of vegetables a day
- Choose a variety of vegetables - the more colors, the better
- eating more vegetables helps increase fiber and potassium, which many Americans do not get enough of



- Adults only need about 5-7 ounces of protein a day
- Choose lean proteins such as seafood, skinless chicken, lean ground beef, and pork tenderloin
- Also, try to incorporate more plant-based proteins such as beans, lentils, nuts, and seeds



- The dairy food group does not include foods high in fat such as cream cheese, sour cream, butter, and cream
- Try cultured or aged dairy like low-fat yogurt and cheese instead of milk
- Consume more low-fat, fat-free, or lactose-free dairy products