



My Daily Food Plan

Key healthy eating strategy: Eat from all groups every day, choosing healthier choices most often. Specific calorie & portion size recommendations can be found at www.choosemyplate.gov.

Grains

Healthier Choices: whole grains

- Whole wheat bread, whole wheat tortillas
- Whole wheat pasta
- Brown or wild rice
- Whole grain cereal (oats)
- Popcorn
- Bulgur (cracked wheat)

Key health benefits of whole grains

- May reduce risk of coronary heart disease
- May reduce risk of type 2 diabetes
- May reduce constipation
- May help with weight management

How to choose a better bread and cereal:

- **Step one:** look for 100% whole grain on outside of package
- **Step two:** look for a whole grain as the first ingredient, such as whole wheat flour or oat flour
- **Step three:** choose one with more fiber/less calories (at least 2 grams of fiber per slice or per serving)

Daily Goal = At least half your grains whole

Vegetables

Healthier Choices - lots of color; enjoy unlimited non-starchy vegetables

- Fresh vegetables
- Starchy vegetables
 - Ex: Corn, green peas, potatoes, sweet potatoes, and winter squash
- Frozen (no added sauces)
- Canned (no salt added)

Fruits

Healthier Choices - lots of color; choose whole fruit more than juice

- Fresh fruit
- Canned fruit (no sugar added)
- Frozen fruit (no sugar added)

Key health benefits, may reduce risk for:

- Stroke
- Type 2 diabetes
- Some cancers

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Daily Goal = At least 2.5 cups of fruits & vegetables combined

Milk, Yogurt and Cheese

Healthier Choices

- Fat free, 1/2% or 1% milk
- Fortified soy milk
- Low fat yogurt

Key health benefits, may reduce risk for:

- Osteoporosis
- High blood pressure

Daily Goal = 1000mg Calcium

Protein Foods

Healthier Choices

- Lean beef or pork (cuts from the loin or round)
- Skinless chicken or turkey breast
- Lean ground beef or ground turkey breast (90% or leaner)
- Fish
- Beans
- Nuts, seeds and nut butters (in small amounts)
- Eggs (no more than 3-4 egg yolks/week)
- Soy-based meat alternatives

Daily Goal = 6 oz of protein or less

Key Health Benefits

- Essential for every day functions of the body, such as building bones, muscles, cartilage, skin and blood
- Maintain healthy immune

<ul style="list-style-type: none"> system • Reduce risk of cardiovascular disease (from omega-3 fatty acids in fish and walnuts) • Healthy fats in nuts and seeds 	
Fats	
<p>Healthier choices- In small amounts</p> <ul style="list-style-type: none"> • Canola oil, olive oil • Soft tub, spray, or squeeze margarine (trans fat free) • Peanut butter • Light or low fat salad dressing • Nuts and seeds (in small amounts) <p>Key Health Benefits</p> <ul style="list-style-type: none"> • Heart healthy unsaturated fats do not raise bad cholesterol 	<p>Daily Goal = Choose heart healthy fats</p>
Solid Fats & Added Sugars	
<ul style="list-style-type: none"> • Soda • Sugar sweetened juice drinks • Baked goods (cookies, cakes, pie, etc.) • Regular cheese • Sausage, bacon, hot dogs • Pizza • Fried potatoes; French fries, hash browns • Ice cream • Candy 	<p>Daily Goal = Limit these foods</p>

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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