



Make Half Your Plate Fruits and Vegetables

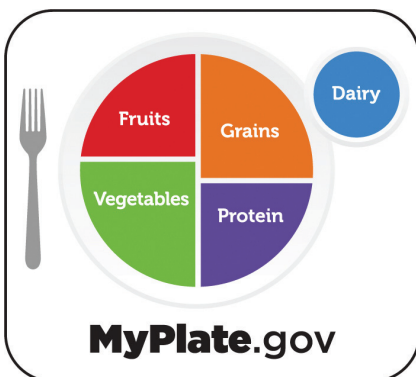
Meal Planning Tips

Most of your fats should come from vegetable oils such as canola, corn, olive, peanut, safflower, soybean, and sunflower.

Limit foods high in saturated fats such as butter, cream, lard, fatty meats, bacon, sausage, coconut, coconut oil, palm oil, and palm kernel oils.

Check the Nutrition Facts label to limit saturated fat and sodium.

Choose food and beverages low in added sugars. Added sugars contain calories with few, if any, nutrients. Drink water instead of sugary drinks.



Fruits

Make most of your choices whole or cut-up fruit rather than juice.



Vegetables

Eat a variety each day.



Grains

Make half your grains whole grains.

100% Whole Grain Bread
100% Whole Wheat Pasta
100% Whole Wheat Tortillas
Corn Tortillas
Brown Rice
Bulgur
Oatmeal
Cereal



Protein

Vary your protein routine.

Meat
Poultry
Fish
Beans
Peanut Butter
Eggs
Nuts
Tofu



Dairy

Milk
Cheese
Yogurt

For adults and children 2 years and older, drink fat free or 1% lowfat milk.



Prevent Choking

Do not give children under 4 years of age the following foods: popcorn, nuts, seeds, large chunks of meat or cheese, hard pieces of vegetables or fruits (fresh or dried), hard candies, marshmallows, chips, whole grapes, and fish or meat with bones. Peanut butter or nut butter can cause choking. Peanut butter or nut butter should only be given when spread thinly on crackers or toast; or thinned and blended into foods.

