

It's About Choice

Guide to Fat in Common Foods

Protein Rich Foods

Low in Fat

Fruits & Vegetables

Fruits: fresh, canned, dried
Plain vegetables (no added fat)
Pure fruit juices

Grains, Cereal & Bread

Rice, corn, bagels, noodles
Popcorn (air popped)
Rice Cakes
Pretzels

Milk & Milk Products

Nonfat (skim) milk
Nonfat yogurt/fruit flavored
Dry curd cottage cheese

Beans, Legumes & Nuts

Dried beans & peas

Fish, Poultry & Meats

Perch, shrimp, tuna in water, sole
Egg whites

Medium in Fat

Read food labels to find the amount of fat in a serving. Foods containing less than 3 grams of fat per serving size listed, are low in fat.

Check the actual serving size on the label. It may be very different than the amount you actually eat! When you eat high-fat foods, eat small amounts.

Grains, Cereal & Bread

Corn bread from mix
Flour tortillas
Oatmeal
Soda crackers

Milk & Milk Products

Buttermilk
Low-fat cottage cheese
Plain low-fat yogurt

Fish, Poultry & Meats

Bass, crab, clams
Light meat of chicken/turkey (without skin)
Beef (round tips, flank), veal loin, pork tenderloin

High in Fat

Fruits & Vegetables

French fries
Hash browns
Baked potato with sour cream
cheese, butter, bacon

Grains, Cereal & Bread

Biscuits & muffins
Granola cereals
Pancakes
Taco shells
Snack crackers

Milk & Milk Products

Low-fat milk (2%)
Reduced-calorie cheeses

Beans, Legumes & Nuts

Soybeans
Tofu

Fish, Poultry & Meats

Light meat of chicken/turkey (with skin)
Duck & goose
Beef, veal, lamb, ham

Very High in Fat

Fruits & Vegetables

Avocados
Olives
Coconut

Grains, Cereal & Bread

Snack chips
Pastries
Croissants

Milk & Milk Products

Whole milk
Sour cream, cream
Butter

Beans, Legumes & Nuts

Most nuts & seeds
Peanut Butter

Fish, Poultry & Meats

Tuna (in oil)
Egg yolks, whole eggs
Bacon, ground beef

Watch out for hidden fats!

Many granola cereals, crackers, muffins, cakes, cookies, breads, chips, snack foods, salads, and desserts contain a lot of hidden fat. Foods that are fried, breaded, or covered with regular salad dressing, high-fat sauces, regular cheeses, or gravy are high in fat.



Make half your **grains** whole

The grain group includes all foods made from wheat, rice, oats, cornmeal, and barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day.

1oz. =

- 1 slice bread
- 1 cup ready-to-eat cereal
- 1/2 cup cooked cereal
- 1/2 cup cooked rice or pasta
- 1 flour tortilla (6" dia.)
- 1 corn tortilla (6" dia.)



Vary your **veggies**

The vegetable group includes all fresh, frozen, canned, and dried vegetables, and vegetable juices. Eat more dark-green veggies, like broccoli, spinach, and other dark leafy greens, and more orange veggies, like carrots and sweet potatoes. Try to eat more dry beans and peas, like pinto beans, kidney beans, and lentils.

1cup =

- 1 cup raw vegetables
- 1 cup cooked vegetables
- 1 cup vegetable juice
- 2 cups raw leafy greens



Focus on **fruits**

The fruit group includes all fresh, frozen, canned, and dried fruits, and fruit juices. Eat a variety of fruit — aiming to include fruit in every meal. Choose fruit juice less often, with no more than one third of your fruit total in juice.

1cup =

- 1 cup cut-up fresh fruit
- 1 medium fresh fruit
- 1 cup canned fruit
- 1 cup 100% fruit juice
- 1/2 cup dried fruit



milk Get your calcium-rich foods

The milk group includes all fluid milk products, and foods made from milk that retain their calcium content, such as yogurt and cheese. Most milk group choices should be fat-free or low-fat.

Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group.

1cup =

- 1 cup low-fat or fat-free milk
- 1 cup low-fat or fat-free yogurt
- 1.5 oz. natural cheese
- 2 oz. processed cheese
- 2 cups cottage cheese



meat & beans Go lean with protein

Choose lean meats, poultry, or fish that are baked, broiled, or grilled. Vary your protein routine — choose more fish, beans, peas, nuts, and seeds.

1oz. =

- 1 oz. lean meat, poultry, or fish
- 1 egg
- 1 Tbsp. peanut butter
- 1/2 oz. nuts or seeds
- 1/4 cup cooked dry beans, peas, and lentils

physical activity



- 30 minutes** recommended most days of the week.
- 60 minutes** for children or teens most days. 60 minutes may also be needed to prevent weight gain.
- 60 - 90 minutes** may be required to sustain weight loss.

know your limits

Keep saturated fats, trans fats, and sodium low. Oils are fats that are liquid at room temperature, such as vegetable, canola, corn, olive, soybean, and sunflower oil. Between the ages of 4 and 18 years, keep total fat intake between 25% - 35% of calorie intake. Make choices such as fish, nuts, and vegetable oils for fatty acid intake.

Start Children Out on the Right Track



Healthy Foods & Portions

Serve Whole Grains



1/2 slice bread or mini bagel



1/2 cup cereal



1/4 cup cooked cereal



1 mini muffin or 1/4 English muffin



2 squares graham cracker

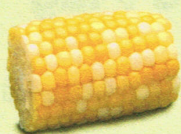


1/4 cup cooked pasta



1/4 cup cooked brown rice

Vary the Veggies



1/2 corn-on-the-cob (minis)



sweet potato cooked & mashed



1/2 cup black-eyed peas, cooked



small broccoli flowerets



small tomato wedges



1/2 cup green peas, cooked



small potato, baked or mashed

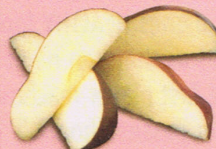
Focus on Fruits



3/4 cup 100% orange juice



sliced kiwi fruit



sliced apple



canned peaches in juice



diced cantaloupe



red grapes, cut in half



canned diced pineapple

Choose Low-fat Milk



3/4 cup 1% or skim milk



1 oz. cheddar cheese, cubed



1 oz. string cheese



1.5 oz. American cheese



1/2 cup cottage cheese



3/4 cup low-fat yogurt



1/4 cup pudding

Go Lean with Meat & Beans



1.5 oz. chicken, cooked & cut up



2 deli slices lean ham



3/8 cup pinto beans, cooked



hard-boiled egg



1 small ground turkey patty



1.5 oz. tuna, packed in water



1 Tablespoon soy butter



Find Your Balance Between Food and Physical Activity

MyPyramid shows that you can benefit from taking small steps to improve your diet and lifestyle each day.

Get your personal *MyPyramid Plan* at www.MyPyramid.gov

Grains



Make half your grains whole

Choose whole grains instead of refined grains.

For a 2000-calorie diet eat daily:

6 oz.*

1 oz. = 1 slice bread, 1 oz. ready-to-eat cereal, OR 1/2 cup cooked pasta, rice or cereal

Vegetables



Vary your veggies

Eat more dark green and orange vegetables and cooked dry beans.

For a 2000-calorie diet eat daily:

2 1/2 cups*

1 cup = 1 cup raw or cooked vegetables or juice, OR 2 cups raw leafy vegetables

Fruits



Focus on fruits

Eat a variety of fruit — fresh, frozen, canned, or dried.

For a 2000-calorie diet eat daily:

2 cups*

1 cup = 1 cup fruit or juice, OR 1/2 cup dried fruit

Milk



Get your calcium-rich food

Go low-fat or fat-free when you choose milk, yogurt, and cheese.

For a 2000-calorie diet eat daily:

3 cups*

1 cup = 1 cup milk, 8 oz. yogurt, 1.5 oz. cheese, OR 2 oz. processed cheese

Meat & Beans



Go lean with protein

Choose low-fat or lean meats and poultry.

For a 2000-calorie diet eat daily:

5.5 oz.*

1 oz. = 1 oz. lean meat, poultry, or fish, 1 egg, 1/4 cup cooked dry beans, 0.5 oz. nuts, OR 1 tablespoon peanut butter

Physical Activity

Be physically active for at least 30 minutes a day.

* Amounts recommended for each food group will vary depending on age, gender, and physical activity.