

A Healthy YOU



- 1. Grains (6 oz daily)**
Make half your grains whole
- 2. Vegetables (2 ½ cups daily)**
Vary your vegetables
- 3. Fruits (1 ½ cups daily)**
Focus on fruits
- 4. Oils (fish, nuts, & liquid oils)**
Not a food group but you need some of the right kinds for good health.
- 5. Milk (3 cups daily)**
Get your calcium-rich foods
- 6. Meat & Beans (5 oz daily)**
Go lean with protein

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