

CONNECTING FOOD AND NUTRITION TO HEALTH AND WELL-BEING

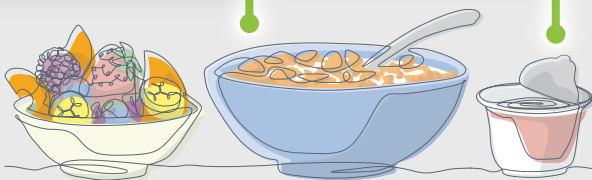


Use Evidence-Based Guidance to Make Informed Decisions

AN OVERALL HEALTHY PATTERN OF EATING IS ALL ABOUT BALANCE AND CHOICE

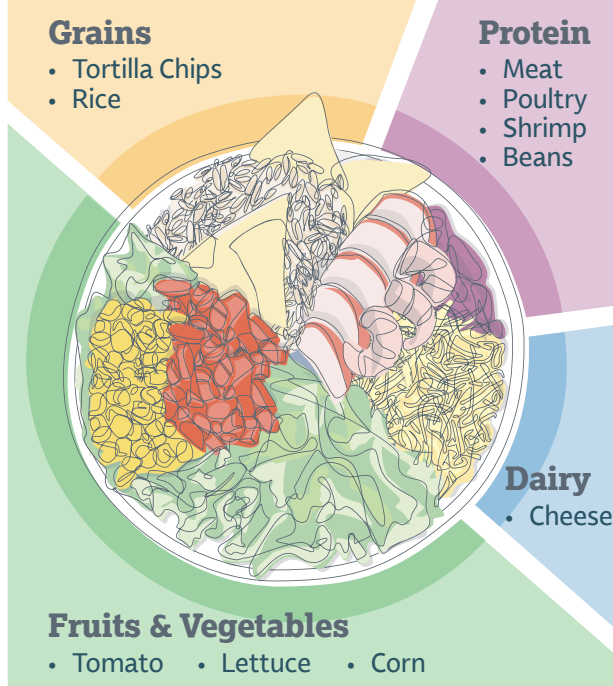
Grain
Whole Grain Cereal

Dairy
Vanilla Greek Yogurt



Fruit

- Fresh Banana
- Frozen Berries
- Canned Peaches
- Dried Cherries
- 100% Fruit Juice



Grains

- Tortilla Chips
- Rice

Protein

- Meat
- Poultry
- Shrimp
- Beans

Dairy

- Cheese

Fruits & Vegetables

- Tomato
- Lettuce
- Corn

MyPlate.gov

FDA.gov

How Can You Tell If a Food or Beverage is High or Low in a Nutrient?

Nutrition Facts Label

FDA considers foods with nutrients:

↑ HIGH

At or above 20% Daily Value as being high in those nutrients

↓ LOW

At or below 5% Daily Value as being low in those nutrients

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a daily diet, including healthful nutrients such as:

Fiber	Calcium	Iron
Potassium	Vitamin D	

The %DV also works for nutrients to limit:

Saturated Fat	Sodium	Added Sugars
10g/day	2300mg/day	50g/day

What Are the Basic Dietary Guidelines for Americans?

Fruits & Vegetables

- Variety with meals and snacks
- ~5 servings / day

Protein

- Focus on lean options
- Seafood 2x / week
- Beans, Legumes, Nuts & Seeds
- 2 servings / week

Grains

- 3 whole grain servings / day

Dairy or Soy Alternative

- ~2-3 servings / day

General guidelines include heart-healthy fats and oils and water for hydration.

Keep Portions in Check

The [Portion Balance Coalition: Eat for You Campaign](#) shows how your hand can help guide portion sizes.

A Handful of Nuts

