

# Are You Eating Enough of These Super Foods?

## The 2005 Dietary Guidelines for Americans Recommends Eating a Variety of Foods from These Groups for Better Health

### Fat-free or low-fat milk and milk products



At least 3 cups daily<sup>1</sup>

1 cup milk =

- 1½ ounces of cheese
- 1 cup of yogurt

#### Health Benefit

Improve bone mass, nutrient adequacy, healthy weight\*

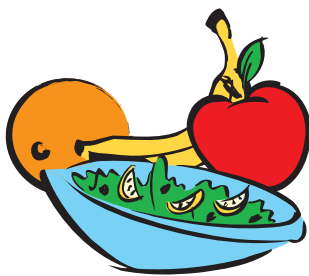
#### How to Get It<sup>2</sup>

Add low-fat milk instead of water to hot cereals and soups

Pack calcium-rich lunches – include low-fat yogurt or string cheese

Try low-fat flavored milk like chocolate or strawberry

### Fruits and vegetables



At least 4½ cups daily<sup>1</sup>

1 cup fruits/vegetables =

- 1 large apple
- 1 banana
- 2 cups leafy salad greens

#### Health Benefit

Decrease risk for stroke, type 2 diabetes, certain types of cancer<sup>1</sup>

#### How to Get It<sup>3</sup>

Slice bananas or strawberries on your cereal

Have a salad with lunch and an apple for an afternoon snack

Buy ready-to-eat fruits and vegetables

### Whole grains



At least 3 one-ounce servings daily, with half of total grains from whole grains<sup>1</sup>

1 ounce =

- 1 slice of whole grain bread
- 1 cup whole grain breakfast cereal
- ½ cup cooked whole grain cereal

#### Health Benefit

Decrease risk for diabetes, coronary heart disease<sup>1</sup>

#### How to Get It<sup>4</sup>

Stock your pantry with staples made from whole grains: cereal, brown rice, low-fat whole-wheat crackers, breads, and rolls

When eating away from home, select a whole grain cereal for breakfast

Make a habit of requesting foods made from enriched or whole grains

### Lean Protein



5½ ounces daily<sup>1</sup>

1 ounce =

- 1 ounce cooked lean meats, poultry, fish
- 1 egg
- ¼ cup cooked dry beans
- ½ ounce nuts or seeds

#### Health Benefit

Rich source of protein, magnesium, and other nutrients

Add nutrient variety to the diet<sup>1</sup>

#### How to Get It<sup>1</sup>

Bake, broil or grill lean meats and poultry

Include more fish, beans, peas, nuts, and seeds



Note: Servings are based on a 2,000 calorie diet.

\* Adults and children should not avoid milk and milk products because of concerns that these foods lead to weight gain.<sup>1</sup>

#### Sources:

<sup>1</sup> 2005 Dietary Guidelines for Americans, [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

<sup>2</sup> The National Institute of Child Health and Human Development "Milk Matters" campaign, [www.nichd.nih.gov/milk/milk.cfm](http://www.nichd.nih.gov/milk/milk.cfm).

<sup>3</sup> CDC National Center for Chronic Disease Prevention and Health Promotion, [www.cdc.gov/nccdphp/dnpa/tips/quick\\_tips.htm](http://www.cdc.gov/nccdphp/dnpa/tips/quick_tips.htm).

<sup>4</sup> American Dietetic Association, [www.eatright.org](http://www.eatright.org).

Visit [www.3aday.org](http://www.3aday.org) for all you need to know about 3-A-Day of Dairy, including great-tasting recipes, quick tips for mom, and to sign up to receive the 3-A-Day of Dairy e-newsletter, Get 3!, filled with valuable solutions for moms and subscriber-only freebies.