A Whole Diet Approach to Healthy Eating

Nutritious and Healthy Foods

- Include a variety of fruits and vegetables daily.
- Choose make whole grain breads, cereals, and snacks.
- Use lean meats, poultry, fish, and beans.
- Drink water and other healthy beverages.
- Limit sugar-sweetened beverages and sweets.
- Avoid or limit foods and drinks with added sugars.
- Choose make healthy snacks.
- Be physically active and maintain a healthy weight.

Focus on Fruits

- Include a variety of fruits daily.
- Choose make whole fruit, such as fresh or frozen fruit, canned fruit, or fruit juice.
- Limit fruit juice.
- Be physically active and maintain a healthy weight.

Focus on Vegetables

- Include a variety of vegetables daily.
- Choose make dark green and orange vegetables often.
- Be physically active and maintain a healthy weight.

Focus on Grains

- Include a variety of grains daily.
- Choose make half your grains whole.
- Be physically active and maintain a healthy weight.

Focus on Protein Foods

- Include a variety of protein foods daily.
- Choose make lean protein foods often.
- Be physically active and maintain a healthy weight.

Focus on Dairy

- Include a variety of milk and dairy foods daily.
- Choose make low-fat or fat-free milk and dairy foods often.
- Be physically active and maintain a healthy weight.