

Vegetables

Fill 1/2 of your plate with vegetables

- Examples of vegetables include carrots, broccoli, cauliflower, green beans, asparagus and peppers.
- Pack pre-cut vegetables for a quick snack on-the-go.
- Aim for a variety of colors.
- Veggies are full of fiber, vitamins, minerals and antioxidants.
- Stay stocked with fresh, frozen and canned veggies.



Grains

Fill 1/4 of your plate with whole grains

- Whole grains include brown rice, whole-wheat pasta, whole-grain breads, whole-grain hot and cold cereals.
- Make at least half of your choices per day whole grain and/or unprocessed grains.



Meat/Protein

Fill 1/4 of your plate with lean protein sources.

- Choose protein sources such as non-fried chicken, fish, turkey or lean cuts of pork, beef, eggs, soy (tofu, tempeh, edamame), and legumes (kidney, garbanzo, black beans).



Fruits

Enjoy fruit for a snack or with meals

- Choose whole fruits over juice.
- Enjoy a colorful variety of fruits.
- Use dried fruit for a “grab-and-go” snack.
- Stay stocked with fresh, frozen and canned fruit (no added sugar).

Dairy/Calcium

Plan on calcium rich foods daily for bone health.

- Calcium rich choices include milk, yogurt and calcium fortified milk alternatives.
- Choose skim, 1/2% or 1% milk.
- Enjoy low fat yogurt for a snack.



Fats

- Enjoy healthy fats like nuts, seeds and nut butters in small amounts.
- Choose healthy cooking methods such as baking, broiling or grilling instead of frying.

For more ideas on how to live a healthier life, visit mhealthy.umich.edu