



**You must have, every day, at least:**

1. Milk and milk products—4 choices
  - 1 cup milk: whole, skim, 99%, buttermilk
  - $\frac{1}{2}$  cup canned evaporated milk: whole or skim
  - $\frac{1}{3}$  cup powdered milk: whole or skim
  - 1 cup yogurt
  - 1 cup sour cream
  - $\frac{1}{4}$  cup cottage cheese: creamed, uncreamd, pot style
  - 1 large slice cheese ( $1\frac{1}{4}$  oz.): Cheddar, Swiss, other hard cheese
  - 1 cup ice milk
2. Eggs—2, any style
3. Meats and meat substitutes—8 choices
  - 1 oz. lean beef, lamb, veal, pork) liver, kidney
  - 1 oz. chicken or turkey
  - 1 oz. fish or shellfish
  - $\frac{1}{4}$  cup canned salmon, tuna, mackerel
  - 3 sardines
  - $3\frac{1}{2}$  oz. tofu (soybean curd)
  - $\frac{1}{4}$  cup peanuts or peanut butter
  - $\frac{1}{8}$  cup beans +  $\frac{1}{4}$  cup rice or wheat (measured before cooking)—beans: soybeans, peas, black beans, kidney beans, garbanzos; rice: preferably brown; wheat: preferably bulgur
  - $\frac{1}{8}$  cup brewer's yeast +  $\frac{1}{4}$  cup rice
  - $\frac{1}{8}$  cup sesame or sunflower seeds +  $\frac{1}{2}$  cup rice
  - $\frac{1}{4}$  cup rice +  $\frac{1}{3}$  cup milk
  - $\frac{1}{2}$  oz. cheese + 2 slices whole wheat bread or  $\frac{1}{3}$  cup (dry) macaroni or noodles or
  - $\frac{1}{8}$  cup beans
  - $\frac{1}{8}$  cup beans +  $\frac{1}{2}$  cup cornmeal
  - $\frac{1}{8}$  cup beans +  $\frac{1}{6}$  cup seeds (sesame, sunflower)
  - $\frac{1}{8}$  cup peanut butter or peanuts +  $\frac{1}{8}$  cup seeds (sesame, sunflower)
  - $\frac{1}{4}$  cup milk +  $\frac{1}{4}$  cup seeds (sesame, sunflower)
  - $\frac{1}{2}$  large potato +  $\frac{1}{4}$  cup milk or  $\frac{1}{4}$  oz. cheese
  - 1 oz. cheese: cheddar, Swiss, other hard cheese
  - $\frac{1}{4}$  cup cottage cheese: creamed, uncreamd, pot style
4. Fresh, dark green vegetables—2 choices
  - 1 cup broccoli
  - 1 cup brussels sprouts
  - $\frac{2}{3}$  cup spinach
  - $\frac{2}{3}$  cup greens: collard, turnip, beet, mustard, dandelion, kale
  - $\frac{1}{2}$  cup lettuce (preferably romaine)
  - $\frac{1}{2}$  cup endive
  - $\frac{1}{2}$  cup asparagus
  - $\frac{1}{2}$  cup sprouts: bean, alfalfa
5. Whole grains—5 choices
  - 1 slice bread: whole wheat, rye, bran, other whole grain
  - $\frac{1}{2}$  roll, muffin, or bagel made from whole grain
  - 1 waffle or pancake made from whole grain
  - 1 corn tortilla
  - $\frac{1}{2}$  cup oatmeal or Wheatena
  - $\frac{1}{2}$  cup brown rice or bulgar wheat
  - 1 shredded wheat biscuit
  - $\frac{1}{2}$  cup bran flakes or granola
  - $\frac{1}{2}$  cup wheat germ
6. Vitamin C group—2 choices
  - $\frac{1}{2}$  grapefruit
  - $\frac{2}{3}$  cup grapefruit juice
  - 1 orange
  - $\frac{1}{2}$  cup orange juice
  - 1 large tomato
  - 1 cup tomato juice
  - $\frac{1}{2}$  cantaloupe
  - 1 lemon or lime
  - $\frac{1}{2}$  cup papaya
  - $\frac{1}{2}$  cup strawberries
  - 1 large green pepper
  - 1 large potato, any style
7. Fats and oils—3 choices
  - 1 tablespoon butter or margarine
  - 1 tablespoon mayonnaise
  - 1 tablespoon vegetable oil
  - $\frac{1}{4}$  avocado
  - 1 tablespoon peanut butter
8. Yellow or orange vegetable or fruit—1 choice
  - 3 apricots
  - $\frac{1}{2}$  cantaloupe
  - $\frac{1}{2}$  cup carrots (1 large)
  - $\frac{1}{2}$  cup pumpkin
  - $\frac{1}{2}$  cup winter squash
  - 1 sweet potato
9. Liver—at least once a week
  - 4 oz. liver: beef, calf, chicken, pork, turkey, liverwurst, liver sausage
10. Table salt—*Salt Your Food to Taste*
11. Water—*Drink to Thirst*
12. Other foods as desired from above lists, other fresh fruits and vegetables, nuts and seeds, dried fruits, and the like.

**Remember**, each food you eat may be counted for one group only—e.g., count  $\frac{1}{4}$  cup cottage cheese as 1 milk choice or 1 meat and meat substitute choice, not both.