

	Grains Make at least half your grains whole grains	Vegetables Vary your veggies	Fruit Focus on fruit	Dairy Get your calcium-rich foods	Protein Go lean with protein
Calorie level	1 ounce equivalent is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup cooked rice, cereal or pasta	Eat more dark green veggies like broccoli, spinach and other dark, leafy greens Eat more orange vegetables like carrots and sweet potatoes Eat more dry beans and peas like pinto beans, kidney beans and lentils	Eat a variety of fruit Choose fresh, frozen, canned or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources like fortified foods and beverages	1 ounce of meat, poultry or fish is about ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter or ½ ounce nuts or seeds Choose low-fat or lean meats and poultry Bake it, broil it or grill it Vary your protein routine — choose more fish, beans, peas, nuts and seeds
1,600	5-ounce equivalents	2 cups	1½ cups	3 cups	5-ounce equivalents
2,000	6-ounce equivalents	2½ cups	2 cups	3 cups	5½-ounce equivalents
2,400	8-ounce equivalents	3 cups	2 cups	3 cups	6½-ounce equivalents
2,800	10-ounce equivalents	3½ cups	2½ cups	3 cups	7-ounce equivalents

Know the limits on fats, sugars and salt (sodium)

- Have most of your fats come from fish, nuts and vegetable oil.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and drinks low in added sugars. They contribute calories with few, if any, nutrients.

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Get at least two hours and 30 minutes a week of moderate-intensity activity or one hour and 15 minutes of vigorous-intensity aerobic physical activity or some combination. A moderate-intensity activity is when you can talk while you do it, but you can't sing. A vigorous-intensity activity is when you can only say a few words without stopping to catch your breath.
- Regular physical activity is good for your health. The amount of physical activity you need to maintain your weight or lose weight varies from person to person.
- Children and teens should be physically active for 60 minutes every day.

