

MAKE EVERY BITE COUNT! LEARN HOW TO MAKE ALL FOODS FIT IN A HEALTHY DIET.

Healthy eating habits include a variety of different nutrient dense foods across all food groups: vegetables, fruit, grains, protein foods, and dairy products. Oils are not a food group but they provide essential nutrients.



Vegetables– 2 to 3 cups per day

1/2 cup serving equals



6 baby carrots



1/2 cup black beans



1/2 cup tomato sauce



1/2 cup broccoli florets

Fruit– 1.5 to 2 cups per day

1/2 cup serving equals



1 small piece of fruit



1/2 cup of
100% fruit juice



1/4 cup dried fruit



1/2 cup applesauce

Protein Foods– 5 to 5.5 ounces per day

1-ounce serving equals



1 egg



1 tablespoon of nut butter



1 cup lentils or peas



1 small hamburger
patty (2-3 oz)

Grains– 5 to 6 ounces per day

1-ounce serving equals



1 cup of cereal



1/2 cup cooked rice or pasta



One 6" tortilla



1 slice of bread

Dairy– 3 cups (fat-free or low-fat) per day

1 cup equals



1 cup of milk or
fortified non-dairy
beverage



1 cup of yogurt



2 cups of cottage cheese



1/2 cup of shredded
cheese

Oils– 5 to 6 teaspoons per day



1/2 medium avocado
(3 teaspoons oil)



4 olives
(1/2 teaspoon oil)



1 Tablespoon mayonnaise
(2 1/2 teaspoons oil)



2 Tablespoons
salad dressing
(2 teaspoons oil)

All cultural foods can fit into a balanced diet!

You can use serving sizes on containers or packages to help guide you to eat the appropriate amounts of foods.

Cultural foods represent the traditions, beliefs, and practices of different geographic regions, ethnic groups, religious bodies, or cross-cultural communities.

Cultural foods like Thai cuisine, Italian foods, or traditional Russian dishes all have nutrient dense options that are part of a balanced healthy diet.

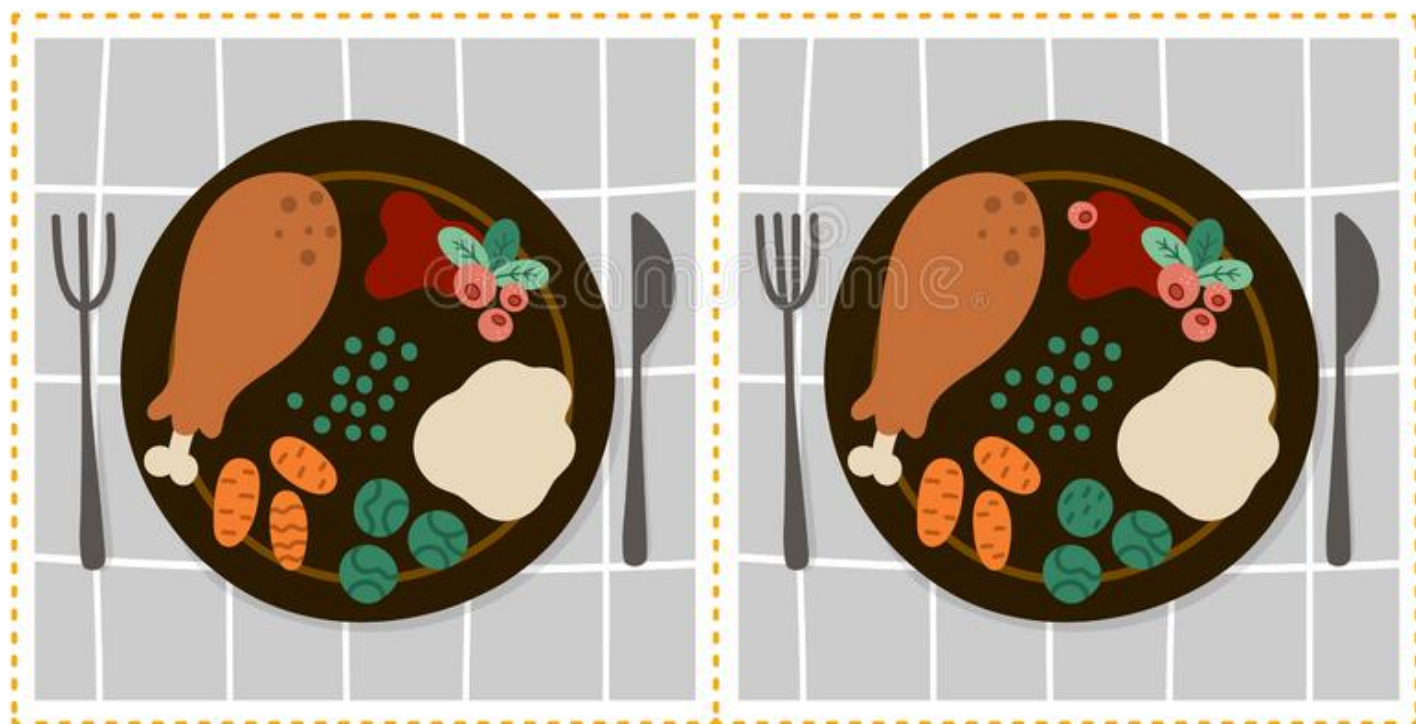
Healthy eating is a fluid concept that has neither a specific look nor ethnicity.

Ways to incorporate more cultural foods into your diet:

- Talk with friends of different cultures about their traditional foods.
- Go into the ethnics food isle at the grocery store.
- Be outgoing and try new foods or dishes you wouldn't normally pick.
- Join for CICOA lunch on our new cultural meal days.



Spot 5 differences



Answers: Fork (top left corner), Berries (top middle), Brussel Sprouts (bottom middle), Carrot (bottom left), Peas (middle)