From the Bottom Up

Try these healthy eating techniques to scale the Food Guide Pyramid

Bread, cereal, rice, and pasta group (6-11 servings)

- Choose several kinds of foods – hot or cold cereals, rice, barley, crackers, whole-grain breads, pasta, white or sweet potatoes – and vary your choices.
- Limit coated cereals and instant hot cereals that contain a lot of sugar, and sometimes a lot of sodium.
- Buy whole grains and less-refined breads, cereals, and grains to get the most fiber and nutrients for your money.
- Select foods made with less fat and sugar such as breadsticks, tortillas, pita bread, and popcorn.
- Cut back on spreads, toppings, and sauces with high oil or fat content.

WHAT'S A SERVING?

½ English muffin
½ hamburger bun
1 6-inch flour tortilla
2 breadsticks (4" x ½ ")
4 rye crisps
4 saltines
½ cup cooked pasta
½ cup cooked barley
½ cup cooked whole grains
1 ounce ready-to-eat breakfast cereal
½ cup cooked cereal
½ cup cooked rice
3 tablespoons wheat germ

Fruit (2-4 servings) and vegetable groups (3-5 servings)

- Eat whole fruits as often as possible – they're an excellent source of fiber.
- Choose canned fruits packed in their own juice to avoid extra sugar.
- Count only 100% fruit juice as fruit.
- Eat dark green, leafy vegetables and deep orange-colored fruits and vegetables several times a week.
- Use low-fat salad dressings and sauces whenever possible.

WHAT'S A SERVING?

¾ cup juice
1 medium apple, orange, or banana
2 plums
15 grapes
½ cup sliced strawberries
½ cup blueberries
1 cup raw leafy vegetables
½ cup non-leafy, raw, chopped vegetables
1 ear of corn on the cob (6")
1 small baked potato
½ cup cooked vegetables
½ cup sweet potato

Milk, yogurt, and cheese group (2-3 servings)

- Choose skim milk and nonfat yogurt as often as possible – they're lowest in fat yet retain all the calcium of higher-fat versions.
- Count 1 cup of low-fat or nonfat cottage cheese as half a serving; cottage cheese is lower in calcium than most cheeses.
- Limit hard cheese (like cheddar and Swiss) or substitute with low-fat, low-sodium brands.
- Use ice milk and frozen yogurt in moderation; they can count as a serving but often contain added sugar.
- Check with a registered dietitian or doctor for help in getting enough calcium if you can't or don't eat dairy products.

WHAT'S A SERVING

1 cup milk (choose skim or 1% whenever possible)
1 cup yogurt (low-fat, nonfat, plain, fruit, flavored)
1 cup buttermilk (low-fat)
½ cup evaporated skim milk
1/3 cup dry nonfat milk
2 cups cottage cheese (low-fat or nonfat)
1 - ½ cups ice milk
1 – ½ ounces natural cheese

Meat, poultry, fish, dry beans, eggs, and nuts group (2-3 servings)

- Choose lean cuts of round, loin, sirloin, and chuck beef; leg, loin, and fore shanks of lamb; light and dark turkey and chicken (prepare without skin); and fish/shellfish low in fat.
- Broil, roast, stir-fry, steam, and poach instead of frying or use a microwave, pressure cooker, or slow cooker to reduce fat and retain flavor along with nutrients.
- Limit processed meats high in fat and sodium – hot dogs, bacon, salami, and bologna – to rare occasions.
- Use eggs and egg yolks moderately – the American Heart Association says most people can eat 2-3 eggs a week safely.
- Include nuts and seeds only occasionally – they're high in fiber but also contain a lot of fat.
- Try more dry beans and peas in recipes and look for dishes that include them at restaurants.

WHAT'S A SERVING

3 ounces lean meat, poultry, fish (cooked)
3 ounces lean ground meat (cooked)
3 ounces fish or shellfish
1 egg
¼ cup egg substitute
2 tablespoons peanut butter
½ cup dry beans, peas, lentils (cooked)
4 ounces tofu

Fats, oils, and sweets (use sparingly)

- Choose liquid instead of solid oils whenever possible.
- Watch for hidden sugar in sodas, cereals, and desserts – including honey, molasses, white and brown sugar, and corn syrup.
- Use low- or nonfat salad dressing whenever possible.