

Nutrition

Bread, Cereal, Rice, and Pasta

What do you get? Carbohydrate, vitamins, minerals, fiber, and a small amount of protein.

Try to make at least half of your choices whole–grain products, such as 100 percent whole grain bread, brown rice or wild rice, barley, or oatmeal.

Vegetables

What do you get? Carbohydrate, vitamins, minerals, fiber, and a small amount of protein.

Eat lots of different ones — at least 3 to 5 servings a day, especially deep green types and the red, yellow, and orange varieties.

Fruit

What do you get? Carbohydrate, vitamins, minerals, and fiber.

Eat all varieties — at least 2 a day. Try to have a citrus fruit or juice (for example orange or grapefruit) plus a blue, red, purple, or orange type (such as blueberries, strawberries, plums or peaches) every day.

Milk, Yogurt, and Cheese

What do you get? Protein, carbohydrate in milk and yogurt, vitamins, and minerals (especially calcium).

Select 1 percent or nonfat milk or cottage cheese, nonfat or low–fat yogurt and part–skim or fat–reduced cheeses.

Meats, Poultry, Fish, Eggs, Nuts, Dry Beans

What do you get? Protein, vitamins and minerals (especially iron and zinc) plus carbohydrate in beans.

Choose lean meats (ones with the words “round,” “loin,” or “leg” in the name), skinless chicken or turkey breast, ham, any fish or seafood (if not fried or in butter), egg whites, and veggie burgers.

Fats, Oils, and Sweets

What do you get? Mostly extra calories. A little is all right, but it’s easy to get too much. Cut way back on fried, greasy, oily, creamy, and buttery foods. Limit high–sugar, nutrient poor foods like candy, desserts, and sugar–sweetened soda pop and fruit drinks to once in a while and in small amounts.

Nutrition Tips

- At least two–thirds of your plate should be covered with foods from the grains, vegetables, and fruits groups and no more than one third should have a low–fat or lean protein source from the milk or meat group.
- To lose weight, decrease calories while increasing exercise and activity. You can decrease calories by decreasing portions and limiting high–fat and high–sugar and nutrition–poor foods.
- To gain weight, slightly increase calorie consumption while starting your resistance training program to gain muscle not fat.
- Avoid most fast foods and processed foods (such as burgers and sausage, chips, fries and other deep–fried foods, snack crackers, snack cakes, and pastries).
- Drink 8–10 glasses of water a day.
- Take a “food first” approach to achieving good health and performance. If you feel you are unable to meet your nutritional needs through your diet, consider taking a daily multi–vitamin, multi–mineral supplement that contains no more than 100 percent of the Recommended Daily Allowance.

If you have questions, consult a registered nutritionist or dietitian.