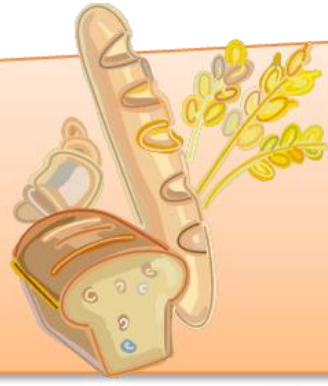


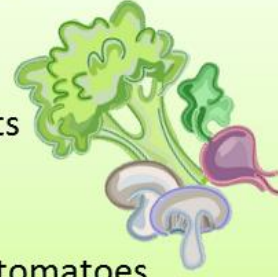
Orange = Grains

- Look for grains that are “Whole Grain”
- Eating whole grains helps with weight management, heart health, and constipation
- Examples: bread, pasta, oatmeal, cereal, rice



Green = Vegetables

- Vegetables are important sources of many nutrients
- The darker the veggie the better it is for you
- Vary your veggie choices to keep meals interesting
- Examples: broccoli, spinach, carrots, green beans, tomatoes



Red = Fruits

- Limit fruit juices and look for 100% Juice
- Most fruits are naturally low in fat, sodium, and calories
- Examples: apples, bananas, strawberries, grapes, oranges, berries



Blue = Dairy

- Contains calcium for healthy teeth and bones
- Choose low fat or fat free dairy options such as skim milk
- Examples: milk, yogurt, cheese. Foods made from milk with little or no calcium do not count (examples: cream cheese, sour cream)



Purple = Proteins

- Focus on lean meats and try seafood once a week
- Mix it up with beans, nuts, and seeds
- Beans and peas are both protein and veggie
- Examples: chicken, fish, almonds, soy nuts, peanut butter, eggs



Oils, Fats, Salt, & Sugar

- Eat as few servings a day as possible
- Healthy oils can be found in some fish, nuts, avocados, olives
- Examples to avoid: fried foods and solid fats like butter or margarine, Also limit daily intake of candy, cookies, potato chips, sugary soda drinks

