

## Nutrition

### **MEAT & BEANS** (1 serving)

- 1/4 cup seeds (2 tablespoons)
- 1/3 cup nuts (1 1/2 oz)
- 1/2 cup cooked dry beans or peas
- 1 ounce of meat, poultry, or fish
- 1 egg (2 egg whites)
- 2 tbsp peanut butter

#### Examples:

Lean meats with visible fat trimmed away that is broiled, roasted, or boiled instead of frying. Remove the skin from poultry.

Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, black beans

#### Source of:

Protein, magnesium, energy, potassium, and fiber (not found in meat).

### **MILK/DAIRY** (1 serving)

- 2 cups cottage cheese
- 8 ounces milk (1 cup)
- 1 cup of yogurt
- 1 1/2 ounces hard cheese
- 1/3 cup shredded cheese
- 1 1/2 cups ice cream (fat-free or low-fat)

#### Examples

Fat-free or low-fat milk, fat-free or low-fat regular or frozen yogurt, low-fat and fat-free cheese, fat-free or low-fat ice cream.

#### Source of:

Calcium and protein

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### **GRAINS** (1 serving)

- 1/2 cup cooked rice, pasta, cereal
- 1 slice of bread, 1 mini bagel, 1/2 bun
- 1 (sm) muffin, tortilla, pancake
- 1 oz of crackers
- 3 cups popped popcorn

#### Examples:

Whole wheat bread, pita bread, bagel, cereal, grits, oatmeal, crackers, unsalted pretzels, and popcorn.

#### Major Source of:

Energy & Fiber

### **FRUITS & VEGETABLES** (1 serving)

- 1/4 cup dried fruit
- 1/2 cup cut-up raw or cooked
- 3/4 cup fruit or vegetable juice (6 oz)
- 1 cup leafy vegetable
- 1 medium fruit or vegetable

#### Examples:

Tomatoes, sweet potatoes, carrots, green peas, broccoli, apricots, bananas, oranges, apples, melons, peaches, and strawberries.

#### Source of:

Potassium, magnesium, and fiber

## 3000 Calories Plan

Fill in each box and no more.

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Source:

<http://www.cnpp.usda.gov/publications/dietaryguidelines/2005/2005DGPolyDocument.pdf>