



# CUWell: Healthy Food Choices

## [Vegetables]

- Good for vitamins, minerals, and fiber! High in potassium.
- Can lower or control blood pressure. Also, lowers risk of heart disease, diabetes, and some cancers!
- **Try to eat 5 or more servings each day (at least 2 ½ cups)**
- The more colorful your plate, the better! Choose dark leafy greens and colorful vegetables.
- Examples: lettuce, carrots, peppers, tomatoes, squash, green beans, beans and peas.

## [Fruit]

- Good for potassium, fiber, vitamin C!
- **Try to eat about 4 servings each day (2 cups)**
- Examples: bananas, melon, apples, berries, grapes, dried fruit, etc.

## [Grains]

- Good for fiber and vitamin B! Reduces risk of heart disease and diabetes
- Serving size depends on physical activities.
- Examples: wheat bread, tortillas, rice, pasta, cereals made from grains like wheat, rice, and rye.

## [Protein]

- Good for vitamins and minerals!
- Chicken, beef, pork. Red meat and poultry in moderate amounts.
- **Try to eat at least 4 servings per day!** But more if you want to build muscle
- Should be eating 0.6 or 1 gram of protein x your body weight (Example: 100lb person should be eating 60g-100g of protein per day – 3-5 servings)
- At least 2 servings of fish and shellfish per week: good source of omega-3 fatty acids!
- Nuts, beans, and eggs are other good sources of protein!

## [Dairy]

- Good for calcium, potassium, and Vitamin D. Builds strong bones!
- Choose 1% or skim (nonfat) milk, low- or nonfat yogurt, and low-fat cheese.

## [Oil and Seasonings]

- Stay away from foods with lots of trans fats!
- Use vegetable oils that are low in saturated fats (ex. Olive and canola oil) and trans-fat free margarines.
- Examples: fish, nuts, and avocados (healthy oils!)
- Try to have 2-3 tablespoons of healthy oils, mayonnaise, or other spreads each day.
- Mayonnaise is high in fat but it contains mostly healthy fats.