

	NAME/AGE	NAME/AGE	NAME/AGE	NAME/AGE	NAME/AGE	NAME/AGE
Food Group						
Whole Grains Children (2-6): 6 Children (6-12): 9 Teen girls: 9 Teen boys: 11 Women: 6 Active women: 9 Men: 9 Active men: 11 50+ adults: 6						
Vegetables Children (2-6): 3 Children (6-12): 4 Teen girls: 4 Teen boys: 5 Women: 3 Active women: 4 Men: 4 Active men: 5 50+ adults: 3	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:
Fruits Children (2-6): 2 Children (6-12): 3 Teen girls: 3 Teen boys: 4 Women: 2 Active women: 3 Men: 3 Active men: 4 50+ adults: 2	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:	Blue/Purple: Green: Yellow/Orange: White: Red:
Dairy Products All age groups: 2-3						
Lean Protein Children (2-6): 5 oz. Children (6-12): 6 oz. Teen girls: 6 oz. Teen boys: 7 oz. Women: 5 oz. Active women: 6 oz. Men: 6 oz. Active men: 7 oz. 50+ adult: 5 oz.						
Fats All age groups: Use sparingly						

Directions: Fill in the chart with a check, line or X as you complete each meal. Check your age and activity level to determine what your daily recommendations are for each nutrient. For example, a 6-year old child should consume 9 whole grains, 4 vegetables (select a variety of colors), 3 fruits (select a variety of colors), 2-3 dairy products, 6 oz. of lean protein (meat, fish, beans, etc.) and minimal fats for a healthy balanced diet. Refer to the food chart on the back for the best choices in food groups but do not limit your intake to these foods. Variety, moderation, and balance are the keys to a healthy living program.

Food Group	Best Choices	
Whole Grains	Brown rice Bulgur Oats (oatmeal, oat flour) Pearl barley Popcorn Whole grain cereals	
Vegetables	<p><u>Blue/Purple:</u> Eggplant, Purple bell peppers</p> <p><u>Green:</u> Artichokes, Arugula, Asparagus, Broccoli, Broccoli rabe, Brussels sprouts, Celery, Chinese cabbage, Cucumbers, Endive, Green beans, Green cabbage, Green onions, Green bell peppers, Leafy greens, Lettuce, Peas, Spinach, Zucchini</p> <p><u>White:</u> Cauliflower, Garlic, Ginger, Jicama, Mushrooms, Onions, Parsnips, Shallots, Turnips, White Potatoes</p> <p><u>Yellow/Orange:</u> Butternut squash, Carrots, Yellow peppers, Pumpkin, Yellow summer squash, Sweet corn, Sweet potatoes, Yellow winter squash</p> <p><u>Red:</u> Beets, Radicchio, Radishes, Red cabbage, Red bell peppers, Red onions, Red potatoes, Rhubarb, Tomatoes</p>	
Fruits	<p><u>Blue/Purple:</u> Blackberries, Blueberries, Purple grapes, Plums, Raisins</p> <p><u>Green:</u> Avocados, Green apples, Green grapes, Honeydew melon, Kiwifruit, Limes, Green pears</p> <p><u>White:</u> Bananas, Dates, White peaches</p> <p><u>Yellow/Orange:</u> Yellow apples, Apricots, Cantaloupe, Grapefruit, Lemon, Mangoes, Nectarines, Oranges, Papayas, Peaches, Persimmons, Pineapples, Tangerines</p> <p><u>Red:</u> Cherries, Cranberries, Pink/Red grapefruit, Pomegranates, Raspberries, Red apples, Red grapes, Strawberries, Watermelon</p>	
Protein	Beans (black, garbanzo, kidney, lima, navy, pinto) Cod, baked/broiled/grilled Halibut, baked/broiled/grilled Lentils Salmon Shrimp, steamed/boiled Soybeans, cooked Tuna, yellowfin, baked/broiled	Chicken/Turkey breast, roasted Cooked soybeans Lean beef tenderloin Raw tofu Scallops Snapper, baked/broiled/grilled Tempeh
Dairy Products	Cheese, low-fat Eggs/egg substitute Raw tofu Yogurt, low-fat	Collard greens, boiled Milk, low-fat Turnip greens, cooked