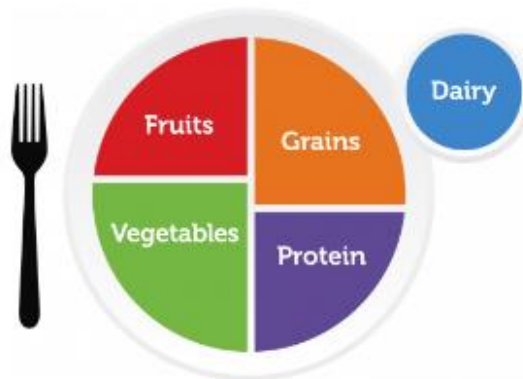


Nutrition

Everyone will benefit from making sure they have **balance** and **variety** in their diet. This ensures that our bodies get all of the essential vitamins, minerals, and other key nutrients we need to stay strong and fight disease.

- **Balance** means that you eat real, whole foods from all food groups – plenty of fruits, vegetables and proteins with a moderate amount of grains or other carbohydrate-containing foods.
 - **Real, whole foods** are foods found in their natural state. For example, **eat an orange** instead of drinking a glass of orange juice, or eat a **chicken breast cooked at home** rather than grabbing fast food chicken nuggets.



From USDA MyPlate (MyPlate.gov)

- **Variety** means that you eat many different types of foods within one group – eating strawberries, bananas, blueberries, oranges, peaches, and watermelon will give you good variety, as opposed to eating just strawberries which would give you low variety.

The overall **quality** of your diet is more important than the quantity of food you eat. We recommend the **80/20 rule!** Focus on **filling at least 80% of your diet with real food**, and you will be supporting your overall health and wellness!

	Make real foods the majority of your diet (≥80%)	Moderate your intake of packaged/processed foods (≤20%)
Meats and Proteins	Beef Pork Lamb Poultry (Chicken, Turkey, etc) Seafood (Fish, Shrimp, etc) Eggs Beans Nuts and nut butters Tofu Tempeh	Processed meats including hot dogs, hamburgers, chicken nuggets, frozen sausages. Frozen foods and entrees, including meat alternatives, like veggie burgers, Beyond “meat” or Impossible “meat”.
Dairy	Cow’s milk Yogurt Cheese	Chocolate or other flavored milks. Almond milk and other plant-based milk alternatives.
Fruits	Fresh fruits eaten raw or cooked. Frozen fruits without any sauce or seasoning added. Apples Avocados Bananas Berries (all types) Grapes Kiwi Mango Melons Orange Peach Raspberries Tangerine	Fruits canned in syrup or frozen in a sauce or seasoning.
Vegetables	Fresh vegetables eaten raw, sautéed, microwaved, roasted, boiled. Frozen vegetables without any sauce or seasonings added. Asparagus Broccoli	Frozen vegetables in sauce or with seasoning.

	<p>Carrots Cauliflower Celery Cucumber Eggplant Greens (collard, kale, turnip) Leeks Mushrooms Onions Peppers Salad greens Tomatoes</p>	
Grains and Carbohydrate Containing foods	<p>Rice Quinoa Beans Lentils Potatoes (white and sweet) Corn Peas Winter squash (butternut, acorn) Taro root Yuca (Cassava root)</p>	<p>Pasta/Macaroni & cheese Bread Bagels/Muffins/Pastries and Donuts Cereal Cookies Crackers Cakes Sweets Goldfish Chips Granola bars Snack foods that come in a bag or a box with a food label (items from the middle of the store).</p>
Other	<p>Hummus</p>	<p>Frozen foods and meals. Restaurant meals, fast food, convenience store foods. Veggie dips</p>
Beverages	<p>Water Milk Electrolyte beverages as needed for vomiting, diarrhea, or exercise.</p>	<p>Juice Soda Fruit Punch, Hi-C, Capri Sun, juice boxes, or similar beverages. Tea Coffee Chocolate milk</p>