

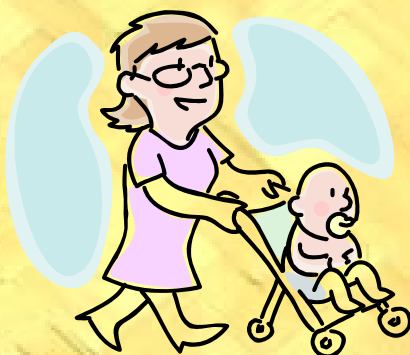
# A Food Guide

The Dietary Guidelines for Americans recommend eating less sodium, added sugars, solid fats, and...

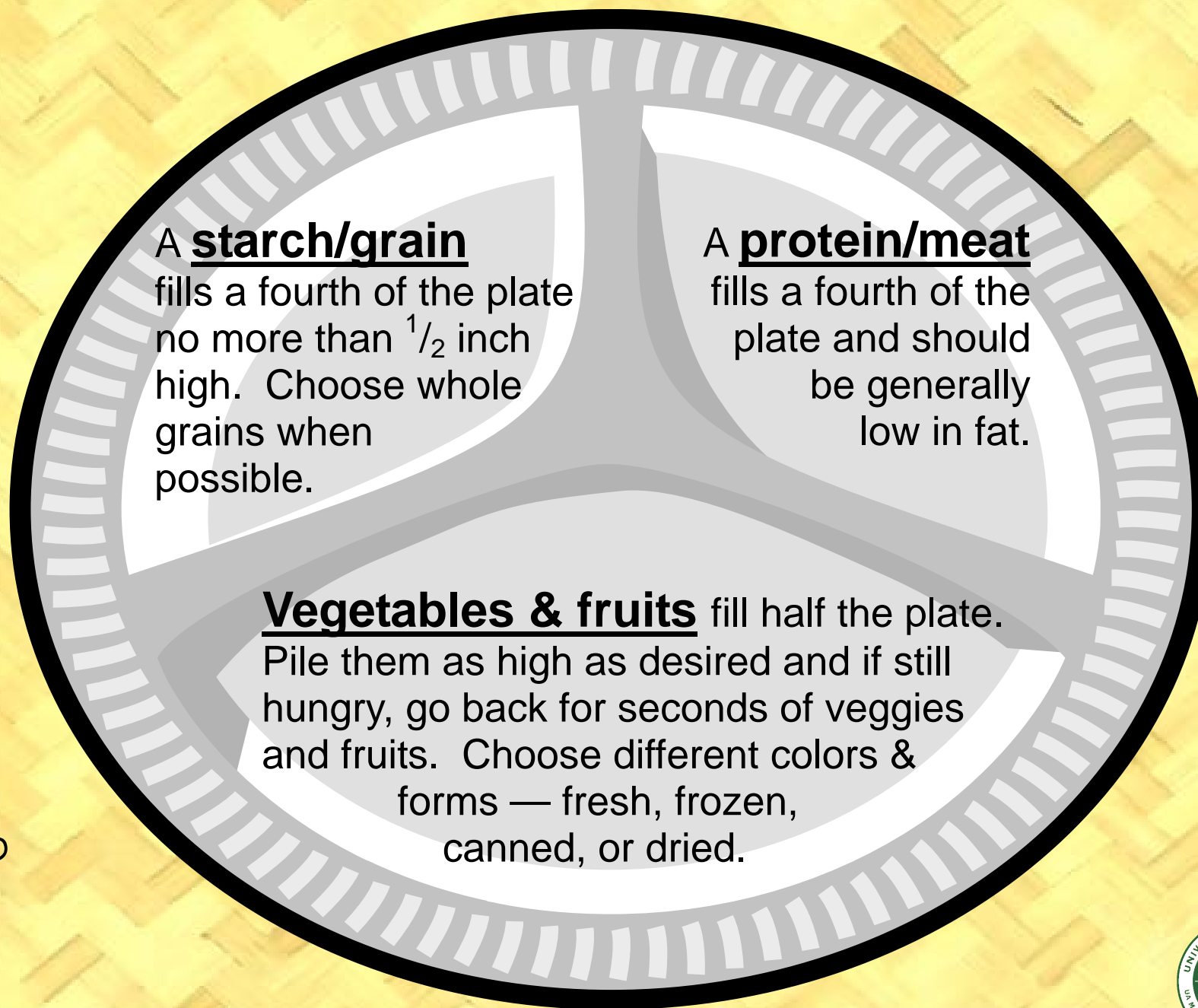
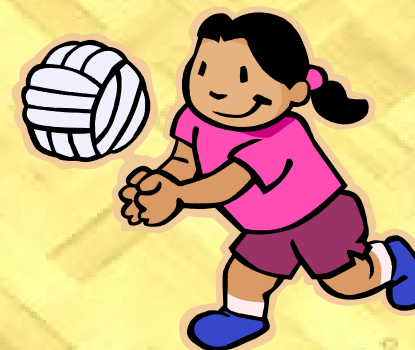
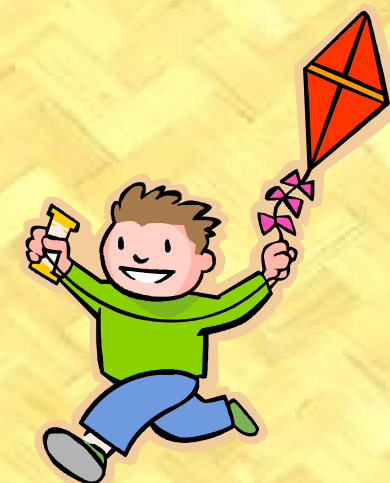
**FILLING HALF YOUR PLATE WITH COLORFUL FRUITS AND VEGETABLES!**



Drink water often, with and between meals.



Choose 1% or nonfat milk.



## PROTECTIVE FOODS — FRUITS AND VEGETABLES — CHOOSE A VARIETY OF COLORS

### Vegetable Group and Fruit Group

Acerola	Cabbage	Choi sum	Green pepper	Lychee	Peas	Seaweed	Tamarind	Zucchini
Apple	Cantaloupe	Cucumber	Guava	Mango	Persimmon	Spinach	Tangerine	
Apricot	Carrot	Eggplant	Jicama	Marungay	Pineapple	Squash	Tomato	
Banana	Cauliflower	Fresh herbs	Kiwi	Okra	Pomegranate	Starfruit	Turnips	
Bean sprout	Celery	Grapefruit	Kumquat	Orange	Prickly pear	Strawberry	Watercress	
Bittermelon	Chayote	Grape	Lettuce	Papaya	Pommelo	Sugar snap peas	Watermelon	
Broccoli	Cherimoya	Green bean	Luau leaf	Peach	Pumpkin	Surinam cherry	Winged bean	

## BODY BUILDING FOODS — WATCH THE FAT

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group and Milk, Yogurt, Cheese and Calcium Foods Group

Fish	Tuna	Beef	Chicken	Beans	Nuts	Sardines	Dried fish	Milk	Yogurt
Seafood	Eggs	Pork	Turkey	Lentils	Tofu	Salmon	Bones	Cheese	Cottage cheese

## ENERGY FOODS — CHOOSE WHOLE GRAINS

### Bread, Cereal, Rice, and Pasta Group

Bagels	Buns	English muffins	Macaroni	Pancit	Spaghetti	<u>Starchy Vegetables:</u>		
Barley	Cereals	Look funn	Oats	Saimin	Tortillas	Breadfruit	Potato	
Breads	Cornmeal	Long rice	Pita bread	Soba	Udon	Green banana	Sweet potato	
Bulgar	Crackers	Millet	Rice	Somen	Whole grains	Poi	Taro	

## CAUTION FOODS

Foods high in fats, oils, sweets, sugar, and salt

## WATER — A BASIC NUTRIENT

## PHYSICAL ACTIVITY

COOPERATIVE EXTENSION SERVICE UNIVERSITY OF HAWAII AT MANOA COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES 1955 EAST-WEST ROAD, AGRICULTURAL SCIENCE 306, HONOLULU HAWAII 96822 The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity affirmative action institution.