

### Grain Group

Whole grains are the best choice. They include barley, brown rice, buckwheat, bulgur, millet, oats, quinoa, 100% whole-wheat, breads (100% whole-wheat or -rye bread, whole-grain rolls, stone-ground corn or 100% whole-wheat tortillas, 100% whole-wheat pitas), cereals (steel-cut oatmeal, seven-grain hot cereal, ready-to-eat cereals made with whole oats, whole wheat, or other whole grains), pasta (100% whole-wheat noodles, soba noodles), crackers (100% whole-wheat crackers, whole-rye crispbread), and pancakes (whole wheat or buckwheat).

### Vegetable Group

This group includes collard greens, mustard greens, spinach, kale, chard, bok choy, napa cabbage, red cabbage, winter squash, summer squash, zucchini, sweet potatoes, broccoli, carrots, tomatoes, corn, turnips, string beans, lettuce, onions, okra, beets, cauliflower, brussels sprouts, and dry beans and peas (kidney beans, black beans, soybeans, chickpeas, lentils, black-eyed peas).

### Fruit Group

This group includes peaches, nectarines, cantaloupe, watermelon, grapefruit, raisins, apples, pears, oranges, bananas, strawberries, tangerines, grapes, pineapple, mangoes, blueberries, cherries, figs, kiwi fruits, and avocados.

### Protein Group

Healthy sources of protein include fish (salmon, trout, cod, shrimp, crab, scallops, light tuna, sardines), nuts and nut butters (peanut butter, almonds, hazelnuts, walnuts), seeds (sunflower, pumpkin), dry beans and peas (kidney beans, black beans, soybeans, chickpeas, lentils, black-eyed peas), poultry (chicken, turkey), eggs, tofu, and other high-protein vegetarian alternatives (tempeh, falafel, veggie burgers).

### Dairy Group

This group includes unflavored milk, string cheese (mozzarella sticks), cottage cheese, cheddar cheese, and plain yogurt.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).