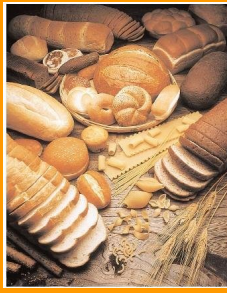


Grains

- Make 1/2 of your grains whole
- Look for “whole” on the label



- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta everyday

- Women aged 19-30 need about 3 ounces
- Men aged 19-30 need about 4 ounces

- 1 ounce = 1 slice of bread
1 cup ready-to-eat cereal
1/2 cup cooked rice, pasta, cereal

Source: www.brown.edu

Vegetables

- Vary your veggies
- Eat more dark green veggies (broccoli, spinach, etc)



- Eat more dry beans and peas

- Women aged 19-30 need about 2 and 1/2 cups
- Men aged 19-30 need about 3 cups

- 1 cup = 1 cup raw or cooked veggies or veggie juice
2 cup raw, leafy greens

Source: www.brown.edu