

Balance It Out!



American Alliance for
Health, Physical Education,
Recreation and Dance

Eat foods from all these categories to be at your best!



Grains

Eat 6-7 oz.
every day,
mostly from
whole-grain,
high-fiber foods*

whole-grain
breads and
cereals, pasta

Vegetables

Eat 2-2½ cups
every day*

carrots, spinach,
green beans,
broccoli

Fruits

Eat 2 cups
every day*

bananas, apples,
pears, peaches,
strawberries

Oils

Get 3 teaspoons
per week

corn oil, canola oil
olive oil,
safflower oil

Milk

Get 3 cups
(fat-free
or low-fat)
every day*

fat-free or
low-fat milk,
cheese, yogurt

Poultry & Fish

Eat 3-6 oz.
every day.
Eat fish 2 times
per week*

chicken, turkey,
fish, lean beef

Nuts, Seeds & Legumes

Eat 4 servings
per week*

1 serving = 1½ oz.
nuts, ½ oz. seeds
or ½ cup
cooked legumes

*Based on an 1,800-calorie diet.

