It's important to know how to make healthy choices within each food group and get the right amount of foods from each group. This "plate" is a representation of how much of the food you eat everyday should come from the various groups.

**Eat It!**

- **Veg out on vegetables**
  They are an excellent source of vitamins, minerals and fiber. Eat 2–2½ cups every day.

- **Fruit-a-licious**
  Like vegetables, fruits are a good source of vitamins, minerals and fiber. Fruits are also a great way to satisfy a sweet tooth. Eat 2 cups every day.

- **Great grains**
  Choose whole grain or whole-wheat products. They have more fiber than white flour products (like white bread) and white rice. Eat 6–7 ounces every day.

- **Dairy products**
  Milk, yogurt and cheese are an important source of calcium, which keeps your bones strong. Make sure to pick fat-free or low-fat dairy products. Eat 3 cups every day.

- **Meet the meats**
  Meat, skinless poultry and fish are great sources of protein, which gives you energy. Pick lean meats to help you avoid getting too much fat. Eat 3–6 ounces every day.

- **Fats, oils and sweets**
  Should be limited as much as possible!