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# Eat better — together.

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Here are some nutrition goals both kids and adults should aim for:

## Fill half your plate with fruit and vegetables.

- Choose fresh, frozen, canned, or dried fruits. If packaged, check the nutrition facts to make sure there's no added sugar.
- Go for whole fruits instead of fruit juice.
- Vary veggies to include green, red, and orange choices.

## Choose whole grains over refined flours.

- Try oatmeal, popcorn, brown rice, or whole-wheat bread.

## Switch to lighter dairy.

- Choose low-fat or fat-free milk, cheese, and yogurt.

## Mix up your protein.

- Try seafood/fish, beans, nuts, seeds, soy, eggs, lean meats, and poultry.
- Aim for a few meatless nights per week. Choose plant-based protein or seafood/fish instead.

## Know your portion sizes.

- Flip this over for a quick guide to serving sizes.

## Serving size cheat sheet

Here's one serving size of these common foods:

### Grains

- 1/2 bagel or English muffin
- 1/2 cup cooked rice, pasta, or oatmeal
- 1 cup dry cereal
- 1 waffle, pancake, or slice of bread

### Vegetables

- 2 cups raw, leafy greens
- 1 cup chopped fresh vegetables
- 1/2 cup cooked or canned vegetables
- 3/4 cup 100% vegetable juice

### Fruits

- 1 medium piece of fresh fruit (about the size of a tennis ball)
- 1/2 cup chopped fruit (canned, cooked, or raw)
- 1 cup 100% fruit juice
- 1/2 cup dried fruit

### Dairy

- 1 cup milk or yogurt
- 1 1/2 oz. cheese (around the size of four stacked dice)

### Protein

- 1 tablespoon peanut butter (roughly the size of a pingpong ball)
- 1/4 cup nuts
- 1 medium egg
- 2–3 oz. of poultry, meat, or fish (about the size of a deck of cards)
- 1/2 cup cooked beans

Source: USDA Center for Nutrition Policy and Promotion



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