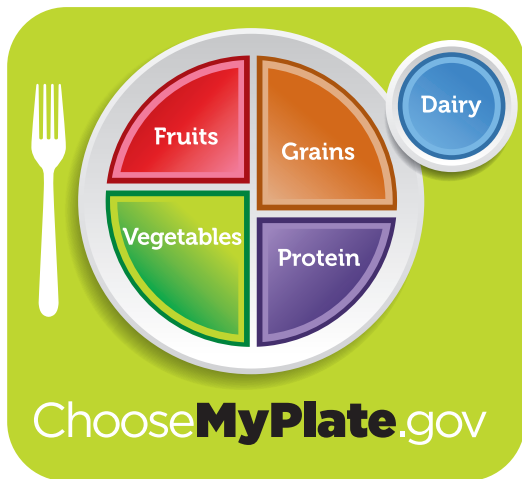


# The Food Guide

How can you plan your meals using the Choose My Plate Guide?

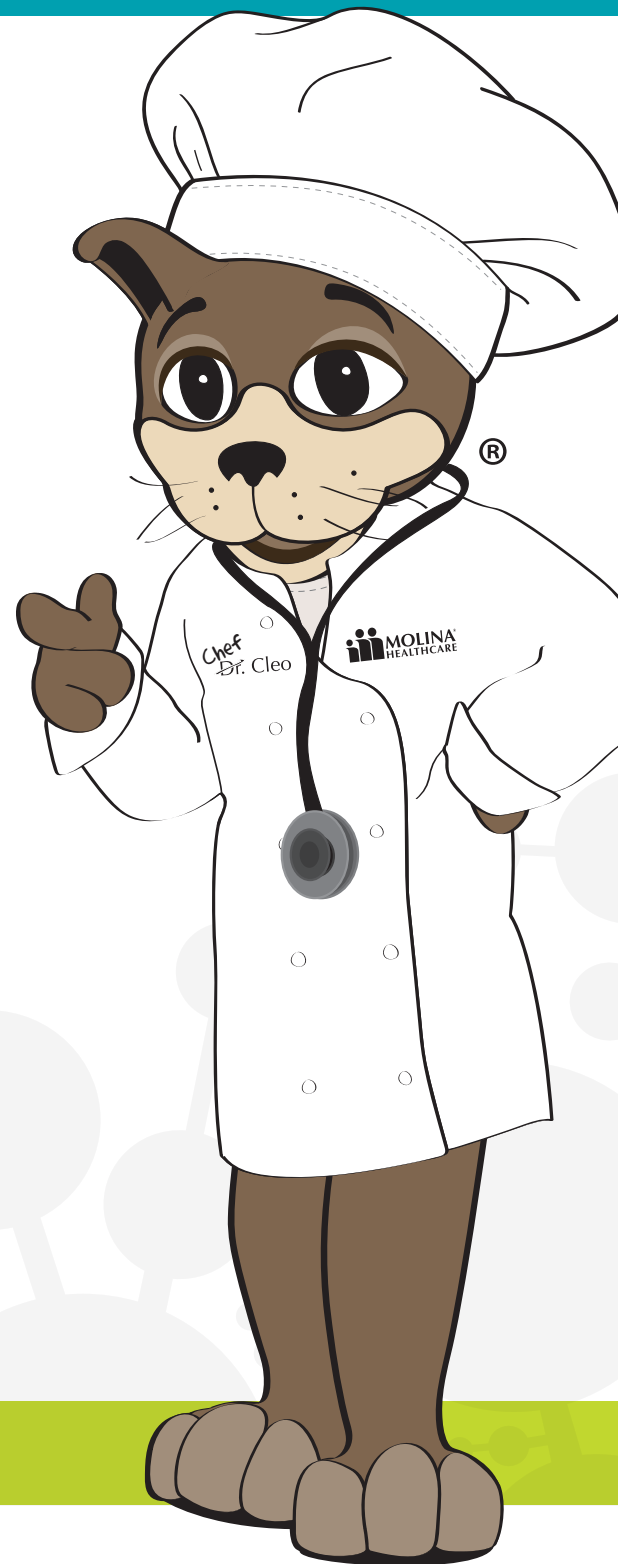


Category	Recommendation	Daily Amount Based on 2,000 calorie diet.
<b>Grains</b>	Half of all grains consumed should be whole grains.	6 oz.
<b>Vegetables</b>	Vary the types of vegetables you eat.	2.5 cups
<b>Fruits</b>	Eat a variety of fruits. Go easy on juices	2 cups
<b>Oils</b>	Most fat should be from fish, nuts and vegetable oils	
<b>Milk</b>	Eat low-fat or fat-free dairy products.	3 cups
<b>Meats and Beans</b>	Eat lean cuts, seafood and beans. Avoid frying.	5.5 oz.

- Limit solid fats, such as butter, margarine or lard
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

[MolinaHealthcare.com](http://MolinaHealthcare.com)



**HEALTHY MIND, HEALTHY BODY**

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