

**BEEF,
SWEETS,
CHEESE &
PROCESSED
FOODS**



Rarely



**EGGS,
FISH &
FAT-FREE
DAIRY**

Less than 10% of calories

**SEEDS, NUTS
& AVOCADOS**

10-40% of calories



**WHOLE GRAINS
& POTATOES**

20% or less of calories



FRUITS

*10-40% of
calories*



**BEANS/
LEGUMES**

10-40% of calories



VEGETABLES*

*1/2 RAW AND 1/2 COOKED
30-60% of calories*

**Excludes white potatoes. Emphasis on green vegetables*