

EAT RIGHT!

Use the food circles to keep track of how many servings of grains, vegetables, fruits, milk/dairy, and protein foods. Fill in 1 dot for each serving.

Keep these guidelines in mind:

GRAINS – eat 5-8 ounces each day! Examples: One ounce = 1 slice whole wheat bread, 4-6 crackers, 1/2 cup brown rice or pasta

FRUITS – eat at least 1-2 cups each day! (OK to have more) Examples: medium sized apple, 1 cup berries or melon, two tablespoons dried fruit

VEGETABLES – eat at least 1 1/2-3 cups each day! (OK to have more)

MILK OR DAIRY – eat 2 1/2-3 cups each day! Examples: 1 cup skim milk, 6 oz. low-fat yogurt

PROTEIN FOODS – eat 4-6 ounces (2-3 ounces two times each day!) Examples: 2-3 oz. cooked lean meat (chicken, fish), 1 cup cooked dry beans, 2 eggs, 2 tablespoons peanut butter, 1/2 cup canned tuna, 2 ounces low fat cheese

Try not to eat more than 1 serving of high fat foods/sweets per day! Examples: 1/2 cup ice cream, 2 small cookies, 1 small bag chips

Limit how much juice, fruits drinks and soda you have. The best things to drink are water and low fat milk.

STAY ON TRACK

Fill in your miles as you go! You will run 12 miles before you complete the last mile of your half marathon on Saturday, August 23, 2014.

For more information, visit CHOOSEMYPLATE.GOV or go to EATRIGHT.ORG to learn more about healthy eating and how to contact a registered dietitian where you live if you want some help!

