



### Fruits

Focus on whole fruits like fresh, frozen, canned, or dried.

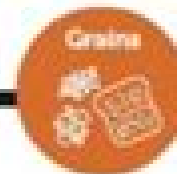
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



### Vegetables

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



### Grains

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



### Protein

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



### Dairy

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.MyPlate.gov/MyPlatePlan) for a personalized plan.

### 2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

### 2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

### 6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

### 5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

### 3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir

### Limit



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

### Activity



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day    Adults ≥ 150 min/week

# Daily Five Guide

**Thomas Wallace Knox**



## Daily Five Guide:

**Rand McNally Official Guide and Hand Book** ,1905      *Resources in Education* ,1988 Serves as an index to Eric reports microform      **Pamphlets on Forest Recreation** ,1929      **Willing's Press Guide and Advertisers' Directory and Handbook** ,1909      The Reader's Index & Guide Croyden Public Libraries,1930      *CURRENT Medical Diagnosis and Treatment Study Guide* Gene Quinn,Nathaniel Gleason,Maxine A. Papadakis,Stephen J. McPhee,2013-08-22 Case based coverage of 80 must know diseases and disorders Add the expertise of CURRENT Medical Diagnosis Treatment to your exam review For more than 70 years professors students and clinicians have trusted LANGE for high quality current concise medical information in a convenient affordable portable format Whether for coursework clerkships USMLE prep specialty board review or patient care there s a LANGE book that guarantees success Derived from CURRENT Medical Diagnosis Treatment the world s most popular annual medical book this unique study guide delivers case analysis of 80 of the most common topics in internal medicine It provides a comprehensive and well organized synopsis of each topic making it an essential study partner for a variety of examinations including the USMLE Step 2 medicine clerkship shelf exams ABIM internal medicine boards and recertification exams adult and family nurse practitioner certification examination and physician assistant national certifying exam For practitioners this quick reference covers patient care for 80 of the clinical problems they are most likely to encounter in daily practice Each topic covered in CURRENT Medical Diagnosis Treatment Study Guide is presented in a consistent easy to read in depth manner that emphasizes problem solving The topics were carefully selected based on their importance to the field of internal medicine and are designed to enhance your ability to think through a typical case in a logical step by step fashion Each topic includes a typical patient presentation and Learning Objectives Salient Features Symptoms and Signs Differential Diagnosis Laboratory Radiology and Procedural Findings Treatment Outcomes When to Refer and When to Admit PubMed references to the most current and pertinent MEDLINE articles There is no easier or faster way to sharpen your understanding of key concepts in clinical reasoning and problem solving and to brush up on essential clinical facts than this one of a kind case based review CASE BASED COVERAGE THAT SPANS THE FULL SPECTRUM OF INTERNAL MEDICINE Skin Disorders Pulmonary Ear Nose and Throat Disorders Heart Hypertension Lipid Disorders Hematologic Disorders Gastrointestinal Liver Pancreas Disorders Gynecologic Urologic Disorders Musculoskeletal Disorders Kidney Electrolyte Disorders Nervous System Psychiatric Disorders Endocrine Metabolic Disorders Infectious Disorders      *The Canadian Parliamentary Guide and Work of General Reference for Canada, the Provinces, and the Northwest Territories* Arnott J. Magurn,1901      *A Guide to the National Parks of America, Comp and Ed* Edward Frank Allen,1915      The School Board Guide and Teacher's Manual ... Thomas Preston (Author of The School Board Guide.),1871      **Willing's Press Guide** ,1908 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts      *Psychology* ,1928      **The**

**Grocers' Manual** Peter H. Felker,1879      **American Illustrated Magazine** ,1930      Rules and Regulations, Mount Rainier National Park United States. National Park Service,1920      The Oriental World Thomas Wallace Knox,1878      **The American Travellers' Guides** William Pembroke Fettridge,1878      United States Official Postal Guide United States. Post Office Department,1929      *Inventor's Guide to Successful Patent Applications* Thomas E. DeForest,1988 This book is designed to be useful to both the do it yourself layman and the beginning patent attorney It covers step by step every aspect of filing for and obtaining a patent including protecting your valuable ideas reading a patent conducting a patent search filing for and obtaining a patent and maintaining enforcing and transferring your patent rights      *The Rough Guide to Spain* Simon Baskett,2004 Presents a guide to traveling in Spain providing an introduction to the country with advice on planning a visit and discussing the attractions restaurants accommodations shopping and entertainment venues of Madrid and other cities and regions Includes maps and photographs      *Mining and Engineering World* ,1905

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