

The 5 Food Groups

AIM TO EAT THESE FOODS EVERY DAY

1. Fruits

Fruits are packed with vitamins and minerals like zinc and vitamin C that play a role in reducing chronic disease and recovering from sickness. They are a great snack for anytime.

2. Vegetables

Vegetables contain fiber and a wide range of vitamins and minerals that are vital for your health. Eating a variety of vegetables is linked to controlled blood pressure, cholesterol, blood sugar, and a reduced risk of chronic conditions like heart disease and diabetes.

PRO TIP: Eat different colored fruits & vegetables – orange, purple, green.

This will help ensure you are getting the diversity of vitamins your body needs.

3. Whole Grains

Whole grains are an excellent source of energy to fuel your day. Some examples include whole wheat bread or pasta, brown rice, whole wheat tortillas or oats. Whole grains help control blood sugar by releasing energy gradually over a longer period. They are also a great source of fiber.

4. Protein

Protein is a very important nutrient necessary for building and maintaining bones, muscles, cartilage, skin, nails, and hair. Animal proteins like beef, pork, poultry, eggs, and seafood are popular sources of protein. Plant based options like beans, lentils, nuts, and seeds can also provide your body with the protein it needs.

5. Dairy

Dairy is a primary source of calcium and vitamin D which are both necessary for building strong bones and teeth. Some examples of dairy products are milk, yogurt, and cheese. When selecting dairy options remember to choose skim or low-fat options to reduce your intake of saturated fats. Soy milk, almond milk, calcium-fortified juice, rice milk, and some leafy greens can also serve as a good source of calcium.



RECOMMENDED ITEMS FOR YOUR SHOPPING LIST

✘ Dried Beans

Beans are healthy and last for months. Stock up on whatever variety you like best (lentils, chickpeas, black beans, etc.). Consider purchasing dried beans over canned. They take longer to prepare because they need to be soaked, but will save money and space.

✘ Canned Fish & Meat

Canned fish and meats like tuna, sardines, or chicken are great sources of lean protein that won't expire and don't need to be kept in the fridge or freezer.

PRO TIP: Purchase meat in bulk when it is on sale and freeze it to last. Purchase lentils and beans to create meatless meals that are still rich in protein.

✘ Whole Grains

Items such as rice and pasta are staples that can serve as the base of many different dishes. Stock up on these and try to make at least half of what you purchase whole grains. Consider oatmeal as a great breakfast option.

✘ Frozen Fruits & Vegetables

Frozen produce is just as healthy as fresh items, can be less expensive, and will last much longer. Stock up on your favorite fruits and vegetables, enough for a multiple servings per day.

PRO TIP: Frozen & Canned fruits and vegetables are a great low cost option. Produce is frozen when it is at peak freshness, so all the good nutrients are locked in. Canned fruits last longer than fresh and can be just as nutritious. Just make sure they are not packed in high fructose corn syrup.

✘ Fresh Produce

When purchasing fresh fruits and vegetables think about items that will last: onions, garlic, apples, bananas, plantains, potatoes, carrots, beets, etc.

✘ Snacks

We all need the occasional treat to get us through the coming week. Seek options with clear servings so that you can be satisfied without overindulging. For example, try ice cream bars instead of a carton, mini-sized candies or personal sized popcorn bags. It is much easier to eat just one of something than to try and measure snack portions.

✘ Other Basics

You'll also want to purchase basic items like eggs, milk, cheese, and perhaps some fresh chicken. These will round out your diet and will last for two weeks when refrigerated or frozen.

Learn more at projectbread.org/health