An eating pattern is not one specific food. There is more than one way to achieve a healthy combination. A healthy eating pattern includes the following food groups, but can easily be individualized based on personal preferences within each group.

### Fruit

<table>
<thead>
<tr>
<th>Mostly Whole</th>
<th>2 ½ servings</th>
</tr>
</thead>
</table>
| Choose whole sources for at least half of your fruits (i.e., a whole apple vs. apple juice) | \[
\begin{align*}
\text{WHAT IS A SERVING?} & \\
\text{1 cup raw} & \quad \text{½ cup dried} \\
\text{1 cup cooked} & \quad \text{1 cup 100% juice}
\end{align*}
\] |

<table>
<thead>
<tr>
<th>All Forms</th>
<th>Choose fresh, canned, frozen, dried or 100% fruit juice without added sugar</th>
</tr>
</thead>
</table>

### Vegetable

<table>
<thead>
<tr>
<th>Colorful</th>
<th>2 ½ servings</th>
</tr>
</thead>
</table>
| Choose a variety of colorful vegetables (i.e., dark greens, red tomatoes, orange carrots, yellow peppers) | \[
\begin{align*}
\text{WHAT IS A SERVING?} & \\
\text{1 cup raw} & \quad \text{½ cup dried} \\
\text{1 cup cooked} & \quad \text{1 cup 100% juice} \\
2 \text{ cups salad greens}
\end{align*}
\] |

<table>
<thead>
<tr>
<th>All Forms</th>
<th>Choose fresh, canned, frozen, dried or 100% fruit juice without added sugar</th>
</tr>
</thead>
</table>

### Dairy

<table>
<thead>
<tr>
<th>Low-Fat</th>
<th>2 servings</th>
</tr>
</thead>
</table>
| Choose fat-free or low-fat (1%) dairy, which have less saturated fat and sodium | \[
\begin{align*}
\text{WHAT IS A SERVING?} & \\
\text{1 cup milk} & \quad \text{1 cup yogurt} \\
1 \text{ ½ ounces cheese or} & \quad \text{2 cups cottage cheese}
\end{align*}
\] |

| Soymilk as Non-Dairy Alternative: Unlike other plant milks, soymilk contains similar amounts of protein and calcium as dairy milk |
|---------|---------------------------------|

### Grains

<table>
<thead>
<tr>
<th>Mostly Whole</th>
<th>6 servings</th>
</tr>
</thead>
</table>
| Choose whole grains, which contain the entire kernel (endosperm, bran and germ) for at least half of your grains (i.e., whole wheat vs. white bread) | \[
\begin{align*}
\text{WHAT IS A SERVING?} & \\
1 \text{ ounce slice} & \quad 1 \text{ cup ready-to-eat cereal} \\
\text{ ½ cup cooked (1 ounce dry) pasta, rice or cereal}
\end{align*}
\] |

### Protein

<table>
<thead>
<tr>
<th>Both Animal and Plant</th>
<th>6 ½ servings</th>
</tr>
</thead>
</table>
| Choose a variety of high-quality, animal (meat and seafood) and plant (beans, legumes, unsalted nuts and seeds) proteins | \[
\begin{align*}
\text{WHAT IS A SERVING?} & \\
1 \text{ egg} & \quad \text{½ ounce nuts or seeds} \\
\text{ ½ cup beans, peas, or tofu} & \quad \text{1 Tbsp peanut butter} \\
1 \text{ ounce cooked lean meat, poultry or seafood}
\end{align*}
\] |

<table>
<thead>
<tr>
<th>Seafood</th>
<th>Aim for 15 servings of seafood per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean Cuts: 3 ounces cooked (3 ½ ounces uncooked) meat or poultry with &lt; 10 grams total fat, &lt; 4 ½ grams saturated fat, and &lt; 95 milligrams cholesterol</td>
<td></td>
</tr>
</tbody>
</table>

### Oil

<table>
<thead>
<tr>
<th>Unsaturated Plant-Based: Choose oils extracted from plants (i.e., canola, corn, olive, peanut, safflower, soybean, sunflower, avocado, flaxseed), which are high in mono and polyunsaturated fats over tropical oils (i.e., coconut, palm, palm kernel) and animal-based fats (i.e., butter, lard), which are high in saturated fat</th>
<th>5 servings</th>
</tr>
</thead>
</table>
| \[
\begin{align*}
\text{WHAT IS A SERVING?} & \\
1 \text{ teaspoon oil} & \quad (3 \text{ tsp} = 1 \text{Tbsp})
\end{align*}
\] |