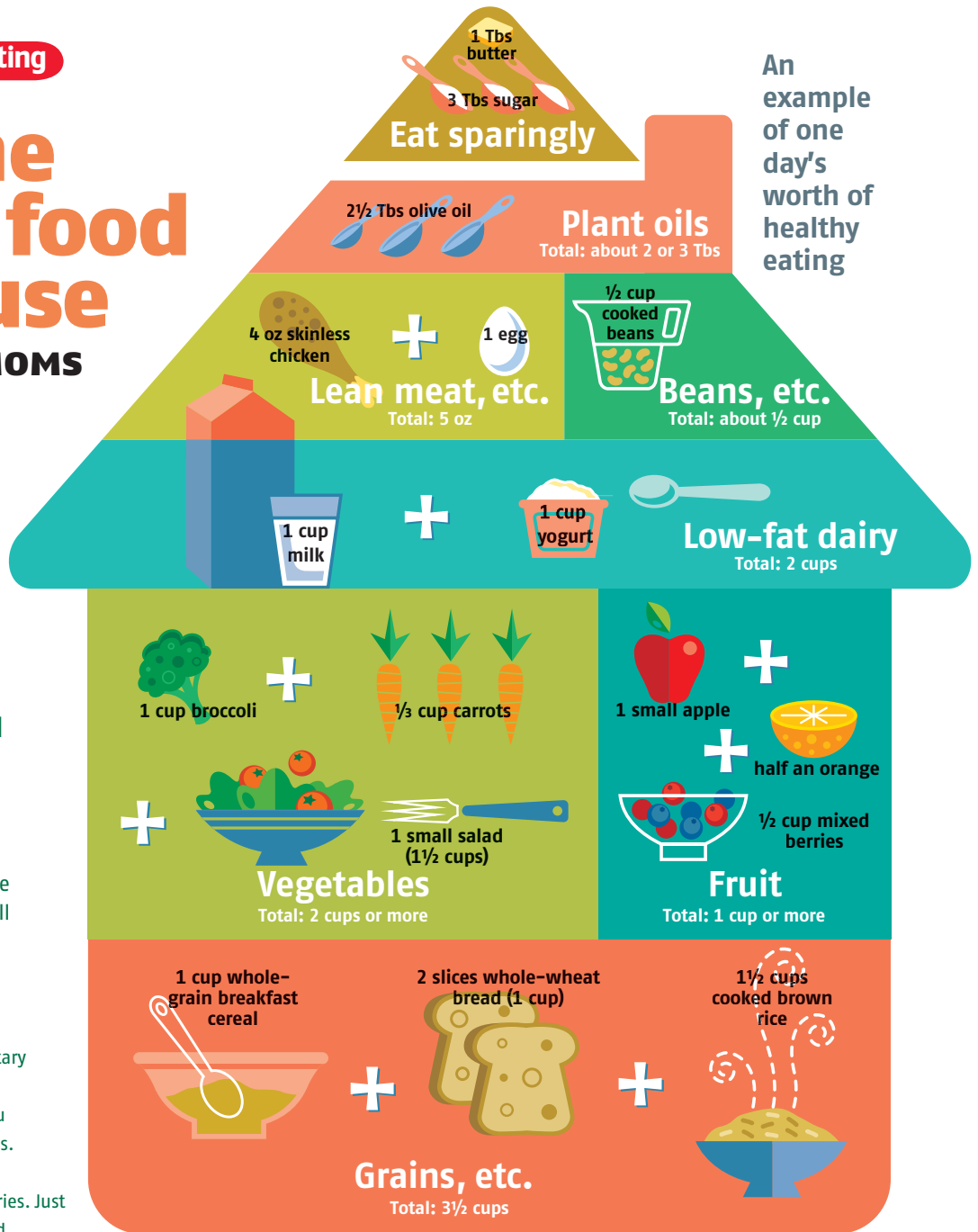


the good food house

FOR MOMS

An example of one day's worth of healthy eating



The daily plan for you

Follow the guidelines below to get all the nutrients you need each day.

To see how to make sure your kids eat well too, flip the page.

Total calories 1,600 to 1,800

This is based on a sedentary woman, age 32.

- If you're under 30, you can eat 200 more calories.
- If you're active, add another 200 to 400 calories. Just be sure to keep saturated and trans-fats to a minimum.
- For weight loss, cut about 500 calories a day.

Grains, etc. 3 1/2 cups

- At least half as whole grains: brown rice, whole-wheat bread, oatmeal, corn tortillas
- Includes potatoes (with skin)

Vegetables 2 cups or more

- Over the course of a week, have

3 cups of dark greens and 2 cups of yellow vegetables

Fruit 1 cup or more

- At least half as whole fruit

Low-fat dairy 2 cups

- Skim or 1% milk
- Low-fat yogurt or cheese*
- If you can't tolerate dairy: soy or rice milk, or a calcium supplement

Grains, etc. Total: 3 1/2 cups

Lean meat, poultry, seafood, eggs** 5 ounces

- Don't have red meat every day
- Try to eat seafood twice a week

Beans, peas, soy, nuts 1/2 cup

- Plus, a handful of nuts every day or so

Plant oils 2 to 3 tablespoons

Eat-sparingly foods

- Saturated and trans-fats (butter, lard, partially hydrogenated oils, as found in some margarines): up to 1 tablespoon
- Added sugars: No more than 3 tablespoons
- Keep in mind that cookies, cake, high-fat meats and the skin on poultry, high-fat/salty/sugary snacks, fried foods, and ice cream are all sources of bad fats and sugars.

*1 1/2 oz of natural cheese counts as a cup, as does 2 oz of processed cheese.

**If you're a strict vegetarian, double your beans.