

Food for Thought: Be MIND-ful to...

Maximize Your Intake of These Foods		
Food	How Much?	Serving Size
Green leafy vegetables	≥1 serving/day	1 serving = 1 cup raw or ½ cup cooked
Other vegetables	≥1 serving/day	1 serving = ½ cup
Berries	≥2 servings/week	1 serving = ½ cup
Nuts	5 servings/week	1 serving = 1 oz
Beans	≥3 servings/week	1 serving = ½ cup
Whole grains	3 servings/day	1 serving = ½ cup or 1 slice
Fish	≥1 serving/week	1 serving = 3-5 oz
Poultry	2 servings/week	1 serving = 3-5 oz
Olive oil	Use as main cooking oil	
Wine	1 glass/day	1 glass = 5 oz



Minimize Your Intake of These Foods		
Food	How Much?	Serving Size
Red meat & processed meat	≤3 servings/week	1 serving = 3-5 oz
Butter and stick margarine	<1 Tbsp/day	
Cheese	<1 serving/week	1 serving = 1.5 oz
Pastries & other sweets	≤4 servings/week	
Fried foods & fast foods	≤1 meal/week	