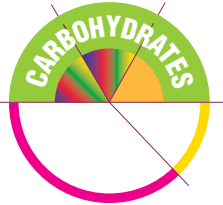


CARBOHYDRATES



1/2 OF THE CIRCLE - CHOOSE 6-9 DAILY

GRAINS

- 1/2 cup cooked cereal
- 3/4 cup dry cereal
- 3 cups popcorn
- 1/2 cup cooked rice, barley, pasta, buckwheat
- 1 slice bread or small whole-grain muffin
- 2 large or 5 small crackers

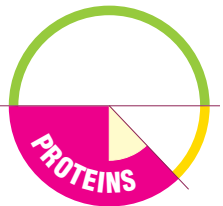
FRUITS - choose minimum of 2 daily

- 1 small whole fruit
- 1/2 cup chopped fruit
- 1/4 cup dried fruit
- 1/2 cup canned fruit
- 1 melon wedge
- 3/4 cup fruit juice or sorbet
- 5 oz. wine (*1 maximum daily for women; 2 for men*)

VEGETABLES - choose minimum of 3 daily

- 2 cups raw leafy vegetables
- 3/4 cup chopped vegetables
- 1 medium potato
- 3/4 cup juice

PROTEINS



3/8 OF THE CIRCLE - ADULTS 4-5 SERVINGS DAILY

MEAT/FISH

- 2 oz. lean meat
- 2 oz. poultry
- 3 oz. fish or shellfish

VEGETARIAN

- 1 whole egg with 2 added whites or 4 egg whites
- 3/4 cup cooked dried beans (legumes) tofu, tempeh

DAIRY/DAIRY SUBSTITUTES - 2 servings equals 1 protein serving

- 3/4 cup lowfat cottage cheese
- 1 1/2 oz. lowfat cheese
- 1 cup lowfat cow/goat/sheep/soy milk (*enriched*)
- 1 cup lowfat cow/goat/sheep/soy yogurt (*enriched*)

ADDED FATS



1/8 OF THE CIRCLE - CHOOSE 2-3 DAILY

- 1 Tbs. margarine
- 1 Tbs. vegetable oil
- 1 Tbs. butter
- 1 Tbs. mayonnaise
- 1/4 cup nuts/seeds (*raw, dry roasted*)
- 1/2 cup ice cream
- 1 oz. dark chocolate

NOTES:

- The Circle of Health equals the size of a dinner plate
- All items outside of the circle should be avoided or eaten occasionally - not recommended daily
- Organic products should be used whenever possible
- Suggested water intake: 4-8 glasses filtered water daily