

Name \_\_\_\_\_

# Food Chart

Use this chart to help you choose foods to eat most often, foods to eat sometimes, and foods to eat least often.

	<b>Eat More</b>	<b>Eat Some</b>	<b>Eat Less</b>
<b>Fruit</b>	Fresh, frozen, and canned fruit without added sugar or syrup Examples: apples, bananas, pears	Dried fruit, fruit pouches, 100% fruit juice, fruits canned in light syrup, frozen 100% fruit juice bars	Fruit Snacks, fruit canned in heavy syrup, frozen fruit with added sugar, fruit flavored drinks
<b>Vegetables</b>	Fresh, frozen, and canned veggies without added salt, fat, or sauces Examples: carrots, celery, spinach	Veggies with fat, salt, and sauces Examples: veggies canned in salt, veggies with cheese or sauces	Deep fried vegetables and fries, veggie chips
<b>Dairy</b>	Block cheese, shredded cheese, string cheese, cottage cheese, milk, plain yogurt	Flavored yogurt	Chocolate milk, fried cheese, ice cream, frozen yogurt, flavored pudding
<b>Grains</b>	Whole grain foods Examples: bread, pasta, rice, bagels, tortillas, crackers, oatmeal, cereal	White/refined grain foods Examples: bagels, crackers, rice, granola bars, air-popped popcorn	Donuts, muffins, pastries, sugary cereals, cookies, cake, pie, chips, cheese puffs, buttered popcorn
<b>Protein</b>	Beans, egg whites, fish, tofu, tuna, skinless chicken or turkey, extra lean beef, nut butter, nuts & seeds	Lean ground beef, ham, eggs	Fried meat or eggs, chicken nuggets, ground beef, hot dogs, pepperoni, sausage
<b>Condiments</b>	Hummus, avocado, pesto, guacamole, red marinara	Ketchup, mustard, mayo, butter, salad dressings	Cheese sauces and syrups Examples: alfredo and nacho sauce, maple and blueberry syrup
<b>Drinks</b>	Water and milk	100% fruit juice	Soda, sports drinks, chocolate milk, lemonade, fruit flavored drinks, juice powders