

Are You Eating Enough of These Super Foods?

The 2005 Dietary Guidelines for Americans Recommends Eating More Foods from These Groups for Better Health

Nonfat or low-fat milk and milk products



At least 3 cups daily¹

1 cup milk =

- 1½ ounces of cheese
- 1 cup of yogurt

Health Benefit

Improve bone mass, nutrient adequacy, obesity*

How to Get It²

Add low-fat milk instead of water to oatmeal, hot cereals and soups

Pack calcium-rich lunches - include low-fat yogurt or cheese

Try flavored milk like chocolate or strawberry

Fruits and vegetables



At least 4½ cups daily¹

1 cup fruits/vegetables =

- 1 large apple
- 1 banana
- 2 cups leafy salad greens

Health Benefit

Decrease risk for stroke, type 2 diabetes, certain types of cancer¹

How to Get It³

Slice bananas or strawberries on your cereal

Have a salad with lunch and an apple for an afternoon snack

Buy ready-to-eat fruits and vegetables

Whole grains



At least 3 one-ounce servings daily¹

1 ounce =

- 1 slice of whole grain bread
- 1 cup ready-to-eat whole grain cereal
- ½ cup cooked whole grain cereal

Health Benefit

Decrease risk for diabetes, coronary heart disease¹

How to Get It⁴

Stock your pantry with staples made from whole grains: cereal, brown rice, low-fat whole-wheat crackers, breads, and rolls

When eating away from home, select a whole grain cereal for breakfast

Make a habit of requesting foods made from whole grains like whole wheat rolls, brown rice

Fish high in omega-3 fatty acids



8 ounces weekly¹

- Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in two kinds of omega-3 fatty acids

Health Benefit

Decrease risk for heart disease¹

How to Get It⁴

Add canned tuna and salmon to salads, pasta or rice

Grill, bake or poach fresh fish



Note: Servings are based on a 2,000 calorie diet.

* Milk product consumption is not associated with increased body weight.

Sources:

¹ 2005 Dietary Guidelines for Americans www.usda.gov/cnpp.

² The National Institute of Child Health and Human Development "Milk Matters" campaign, www.nichd.nih.gov/milk/milk.cfm.

³ CDC National Center for Chronic Disease Prevention and Health Promotion, www.cdc.gov/nccdphp/dnpa/tips/quick_tips.htm.

⁴ American Dietetic Association, www.eatright.org.

Visit www.3aday.org for all you need to know about 3-A-Day of Dairy, including great-tasting recipes, quick tips for mom, and to sign up to receive the 3-A-Day of Dairy e-newsletter, Get 3! filled with valuable solutions for moms and subscriber-only freebies.