

The G4G Guide



Tips to build a healthy plate	Eat Often <i>(Almost anytime)</i>	Eat Occasionally <i>(Select portions carefully)</i>	Eat Rarely <i>(Once in a while)</i>
Vegetables <ul style="list-style-type: none"> • Eat 3–4 cups non-starchy vegetables a day. • Starchy vegetables such as potatoes and corn are in the Grains/Starches group. 	Fresh or frozen vegetables Canned vegetables rinsed to remove salt (green beans, beets) No-added-salt canned vegetables (tomato) Leafy green salads with dark greens (spinach, spring mix) and vegetable toppings	Fresh or frozen vegetables with light sauces Canned vegetables	Fried or tempura vegetables Vegetables with high-fat sauces (Alfredo) Creamed vegetables Some salads; see salad dressings and toppings under Fats/Oils
Fruits <ul style="list-style-type: none"> • Eat 2–2.5 cups of fruit a day. • Eat your fruit, don't drink it. 	Fresh fruit Frozen fruits (all types) with no added sugar/syrup Fruit canned in water or fruit juice Dried fruit (un-sulfured with no added sugar)	Frozen fruit with added sugar/syrups Canned fruit in light syrup Dried fruit (sulfured) 100% fruit juice Some fruit desserts	Dried fruit with coatings (yogurt, chocolate, others) Dried fruit with added sugar (Craisins) Canned fruit in heavy syrup Some fruit desserts
Grains/Starches <ul style="list-style-type: none"> • Choose 100% whole grain for at least half of all grain servings. 	Brown rice, bulgur, quinoa, barley Oatmeal Baked potato/sweet potato with skin Baked sweet-potato "fries" Whole-grain pasta Cereal with less than 10g sugar and at least 3g fiber Whole-grain breads, bagels, rolls, English muffins with 3g or more fiber	White rice, couscous, pasta Cereals with more than 10g sugar Sweetened oatmeal/oatmeal packets Grits, polenta Baked French fries Mashed potatoes (no butter or cream) White breads, bagels, rolls, cornbread	Biscuits, croissants, full-fat muffins Doughnuts, Danishes, pastries, sweetened breads Processed cereals with sugar Fried rice Pasta with cream sauce French fries (fried in oil) Mashed potatoes (butter and/or whole milk/cream), potato casseroles Grits with added fat
Protein <ul style="list-style-type: none"> • Vary your protein choices. Include seafood/fish twice a week. • Include beans for protein and fiber. 	Egg whites/egg substitutes Fish and shellfish (baked, broiled, grilled) Most fish canned in water (except tuna) Chicken/turkey (without skin) Ground poultry (90% lean) Beans/lentils Tofu or edamame Vegetable or bean burgers/patties (black-bean burgers)	Whole eggs Tuna canned in water Chicken/turkey with skin Pork, ham, Canadian bacon Deli meats Chicken/turkey sausage Beans/lentils with added sugar, fat, ham, bacon Soy patties, links, burgers	Fried meat/poultry/fish/seafood Fried eggs prepared with fat/oil Ground beef, fatty (marbled) cuts of red meat, beef ribs, and corned beef Pork sausage or bacon Hot dogs, kielbasa, bratwurst High-fat deli meats (salami, bologna) Refried (with lard) beans
Fats/Oils <ul style="list-style-type: none"> • Choose healthy fats and oils. 	Oils – olive, canola, safflower, sunflower, sesame, grapeseed Salad dressings made with these oils Nuts and seeds, unsalted Natural nut butters (peanut butter, almond, hazelnut, soy nut)	Oils – vegetable, soy, corn, peanut Salad dressings made with these oils Mayonnaise made with these oils Gravy (made with water or low-fat milk) Margarine spreads with no trans fats Peanut butter with added oils/fats	Oils – coconut, palm, palm kernel Shortening and lard Gravy (made with fat drippings) Most margarines Full-fat creamy salad dressings Cream (half-and-half, whipped, others) Non-dairy creamer (liquid or powdered)
Beverages <ul style="list-style-type: none"> • Choose water instead of sugary beverages. 	Water (plain or carbonated) Flavored seltzers/waters with no artificial sweetener Decaf tea and decaf coffee, plain Herbal tea Low-sodium, 100% vegetable juice Non-fat/skim/1% milk	Sports drinks 100% fruit juice 2% (low-fat) milk Tea and coffee, plain or no more than 2 tsp sugar and 1 tbsp cream Artificially sweetened beverages of any kind (diet sodas, diet teas, many flavored waters)	Coffee and tea with more than 2 tbsp cream and/or 4 tsp sugar Sweetened beverages of any kind (sodas, sweet teas, fruit punches) Whole milk
Dairy <ul style="list-style-type: none"> • Compare sugar contents of yogurt. 	Milk (non-fat, skim, 1%) Milk alternatives (soy, almond, rice with calcium and vitamin D added) Yogurt (non-fat, skim, 1%) Low-fat cottage cheese	Chocolate milk (strawberry or other flavors) Milk (2% fat) Yogurt (2% fat) Cheese (reduced-fat, low-fat)	Whole milk, cream, half-and-half Plain yogurt (about 3% fat) Cottage cheese (about 3% fat) Most cheeses Cream cheese, sour cream
Desserts/Snacks <ul style="list-style-type: none"> • Choose fruit for dessert. • Choose nuts, dairy, fruit, vegetables, and whole foods for snacks. 	Fruit Yogurt-and-fresh-fruit parfait Frozen 100% fruit-juice bars Milk (non-fat, skim, 1%) Other foods from the Green list	Fruit desserts (made with minimal added fats and sugar) Low-fat puddings Frozen yogurt and ice milk Popcorn, pretzels, baked chips	High-sugar frozen ice pops Fruit pies, cobblers Cakes, cookies, most pastries Ice cream, gelato Pudding Fried chips, buttered popcorn

Most snack foods provide few nutrients for our bodies. Choose whole foods instead.

Fruit, vegetables, whole grains, nuts, lean protein, and dairy make perfect mini-meals to maintain energy levels and fuel for performance across the day.

For more information about Go for Green® visit <http://www.hprc-online.org/nutrition/go-for-green>.