



# Latinos Living Healthy



Food Groups	Choose Often	Eat in Moderation	Avoid
<b>Proteins</b> <i>3-6 oz per day, no more than 6 oz per day</i>	<ul style="list-style-type: none"> <li>○ Lean meats</li> <li>○ White meat chicken or turkey</li> <li>○ Fish</li> <li>○ Egg whites</li> <li>○ Beans</li> </ul>	<ul style="list-style-type: none"> <li>○ Shellfish</li> <li>○ Egg Yolks</li> <li>○ Red meat: beef, pork, lamb</li> </ul>	<ul style="list-style-type: none"> <li>○ Processed meats: hot dogs, deli meats, bacon, sausage</li> <li>○ Meats high in saturated fats</li> </ul>
<b>Grains</b> <i>6-8 servings per day</i>	<ul style="list-style-type: none"> <li>○ Brown Rice</li> <li>○ Steel cut oatmeal</li> <li>○ Quinoa</li> <li>○ Whole grain breads and pastas</li> </ul>	<ul style="list-style-type: none"> <li>○ Whole grain processed foods</li> <li>○ Granola</li> <li>○ Muffins</li> </ul>	<ul style="list-style-type: none"> <li>○ Refined grain processed foods</li> <li>○ White bread and pastas</li> <li>○ Pastries</li> <li>○ Sugary cereals</li> </ul>
<b>Dairy</b> <i>2-3 servings per day</i>	<ul style="list-style-type: none"> <li>○ Low-fat or fat-free dairy products</li> <li>○ Fat-free plain yogurt</li> <li>○ Cheese with less than 3 grams of fat per ounce such as: feta, mozzarella, cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>○ 2% fat milk</li> <li>○ Sour cream</li> <li>○ Cheese such as: Cheddar, Parmesan, Swiss, Brie</li> </ul>	<ul style="list-style-type: none"> <li>○ Whole milk</li> <li>○ Heavy cream</li> <li>○ Processed cheese and cream cheese</li> </ul>
<b>Sugars</b> <i>3-4 servings of fruits per day</i> <i>4-5 servings of vegetables per day</i>	<ul style="list-style-type: none"> <li>○ Fresh and Frozen Vegetables and Fruit</li> <li>○ Dark leafy greens, Cruciferous vegetables, citrus fruits</li> </ul>	<ul style="list-style-type: none"> <li>○ Dried fruit</li> <li>○ Canned fruit in syrup</li> <li>○ Dark chocolate</li> <li>○ Honey</li> </ul>	<ul style="list-style-type: none"> <li>○ Processed foods</li> <li>○ Prepared meals</li> <li>○ Foods with added sugars and high fructose corn syrup (soda, commercial-baked goods, flavored products)</li> </ul>
<b>Fats</b> <i>2-3 servings per day</i>	<ul style="list-style-type: none"> <li>○ Plant based oils               <ul style="list-style-type: none"> <li>○ Olive</li> <li>○ Corn</li> <li>○ Canola</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Vegetable oil</li> <li>○ Avocados</li> <li>○ Nuts</li> </ul>	<ul style="list-style-type: none"> <li>○ Saturated and Trans fats</li> <li>○ Ready to eat processed meals</li> <li>○ Fast food</li> <li>○ Lard, shortening</li> </ul>

For more information on LULAC and Latinos Living Healthy visit: [LULAC.org/health](http://LULAC.org/health)