

Dietary Guidelines

- Eat small meals every 2.5 to 4 hours or eat 3 meals and 2 or 3 snacks distributed throughout the day ([Rationale](#))
 - See [Exchange Lists](#) for food groups
 - Eat 3 food groups every meal
 - Eat 2 food groups every snack
 - Plan meals around moderate or intense exercise
 - Plan snack or meal 1 to 2 hours before
 - Eat high carbohydrates meal very soon after exercise ([Rationale](#))
 - carbohydrates and quality proteins in approximately a 4:1 ratio
 - 10 – 20% of total daily caloric intake
- Eat [protein](#) and [carbohydrates](#) every meal or snack
 - Eat lower fat [Meat or Meat Substitute](#) or [Milk exchange](#) every meal or snack
 - Eat [Starch](#) or [Fruit](#) exchange every meal or snack
 - Combine foods to [compliment proteins](#) (optimizes amino acid ratio)
 - Eat legumes (beans, peas, lentils, peanuts) with grains, seeds, or nuts
 - Eat grains with milk or cheese.
- Eat a variety of fruits and vegetables daily
 - Eat vitamin C rich foods
 - At least 1 serving a day
 - Citrus fruit, tomatoes, fresh melons, strawberries
 - Eat cruciferous vegetables (cabbage family)
 - At least 3 servings per week
 - Cabbage, broccoli, brussel sprouts, kohlrabi, cauliflower
 - Eat vitamin A rich foods
 - At least 1 serving every other day
 - Dark leafy greens, and dark yellow foods
- Eat foods with fiber ([Rationale](#))
 - whole grains, vegetables, fruit, and legumes (beans, peas, lentils)
- Eat calcium rich foods
 - Milk, yogurt, cheese
 - Green leafy vegetables, tofu, canned salmon, sardines, or jack mackerel (with tiny bone particles), figs, almonds.
- Make lower fat and healthier fat choices ([Rationale](#))
 - Cook with little or no oil
 - Roast, bake, broil, grill, poach, steam, or boil instead of frying
 - Keep [saturated fat](#) intake low
 - Eat leaner [meats or meat substitutes](#)
 - Remove skin from poultry
 - Lower fat [milk and yogurt](#)
 - Choose lower fat snacks
 - Limit hydrogenated fat (used in products to increase shelf life)
 - Consume moderate [poly-unsaturated](#) and [mono-unsaturated fats](#)
 - nuts, olive oil, salad dressing, mayonnaise
- Limit refined foods
 - White bread and cereals, soda pop, sweets, alcohol
 - Eat whole foods whenever possible
- Limit cured and smoked products
 - salt-cured, smoked, nitrite cured foods
- Eat a variety of foods from each food group every day
 - Try new foods