

Regular Diet

FOOD GROUPS	FOODS INCLUDED	DAILY AMOUNTS
Fruits	All types Citrus or high vitamin C fruit daily	2 or more servings 1 serving equals: ½ cup fruit, 1 medium fresh fruit or 4 ounces fruit juice
Vegetables	All types, including potatoes, corn, lima beans, peas; legumes, dark green leafy or yellow vegetables (3-4 times a week)	3 or more servings 1 serving equals: 1 cup chopped raw; or ½ cup cooked; or 4–6 ounces vegetable juice
Soups	All types	As desired 1 serving equals: 6 ounces
Bread, Cereal & Grains	All types, especially whole grains	6 or more servings 1 serving equals: 1 slice of bread; ¾ cup ready to eat cereal; ½ cup cooked cereal; ½ cup rice, or ½ cup pasta
Fats	Oils, soft margarine, butter, (avoid trans-fat)	As needed for adequate caloric intake
Desserts	All types	As desired for adequate caloric intake
Beverages	All types, include 8 or more cups of water or other fluids per day	As needed to meet fluid requirement
Miscellaneous	Sugar, condiments, jam, jelly, preserves, syrup, sweets, herbs, spices, flavorings, salt, pepper	As desired for flavor and palatability