
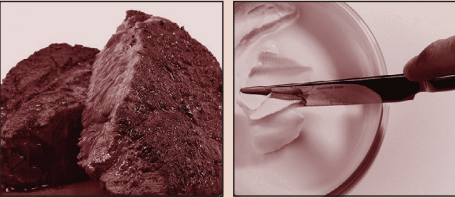


<b>FRUITS AND VEGETABLES</b>	Eat <b>AT LEAST</b> 5 servings (cups) per day.
<b>LEGUMES AND BEANS</b>	Choose often instead of red meat.
<b>WHOLE GRAINS</b>	Choose often.
<b>NUTS AND SEEDS</b>	Eat at least 3 ounces ( <i>3 small handfuls</i> ) per week.
<b>OLIVE OIL</b>	Consume at least 4 tablespoons per day.
<b>FRESH HERBS (SOFRITO)</b>	Choose often instead of salt.
<b>SEAFOOD</b>	Eat at least 3 times per week.
<b>POULTRY</b>	Eat at least twice per week.
<b>RED WINE (OPTIONAL)</b>	Consume up to 5 ounces per day (women of all ages and men over 65 years) and 10 ounces per day (younger men).
<b>PHYSICAL ACTIVITY</b>	Briskly walk for 30 minutes per day or 150 minutes per week.

<b>LIMIT</b>	
<b>SUGAR/SWEETS/ SUGAR-SWEETENED BEVERAGES</b>	Limit to no more than 3 servings per week.
<b>RED MEAT</b>	Limit to 2–3 times per month.
<b>STICK BUTTER/MARGARINE</b>	Choose rarely or never.
<b>FAST FOOD</b>	Choose rarely or never.
<b>HIGHLY PROCESSED FOODS</b>	Choose rarely or never.




**Sweets and sugar-sweetened drinks:** Limit sweets to no more than three servings per week. Avoid sugar-sweetened beverages, such as sodas and sweetened iced tea.



**Red meat:** Limit to two to three times per month.

**Spread fats:** Avoid solid fats, such as butter and margarine.



**Fast food and highly processed packaged foods:** Consume rarely.