

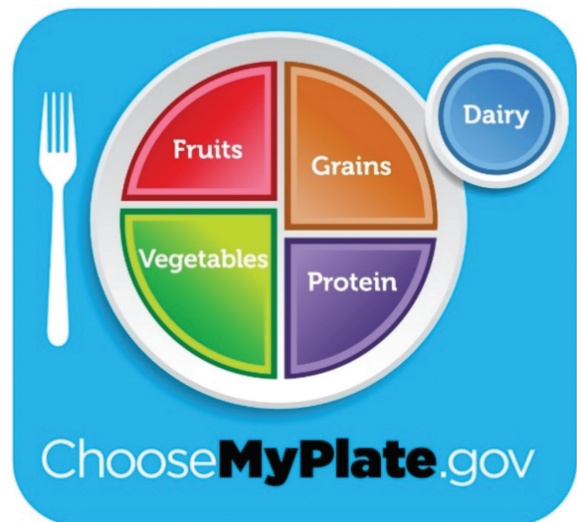
NUTRITION GUIDELINES

According to the World Health Organization (WHO), the best way to reduce your family’s chance of developing noncommunicable diseases (NCDs) is to reduce the major risk factors.¹ One of those major risk factors is lack of proper nutrition.

The United States Department of Agriculture (USDA) recommends fitting your food choices into the five food groups of MyPlate.² You can explore the MyPlate website (ChooseMyPlate.gov) with your family to discover new ways to “fill your five.” A few examples of each food group include:

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others, like the flu.

- **Fruits (~2 cups per day):** bananas, apples, dried fruit like raisins, and 100% fruit juice like orange juice
- **Vegetables (~2–3 cups per day):** dark green like spinach, red and orange like carrots, beans and peas, starchy like corn, and other vegetables like peppers, cucumbers, and onions
- **Whole Grains (~5–7 oz per day):** bagels, biscuits, bread, crackers, oatmeal, pasta, rice, and tortillas
- **Protein (~5–6 oz per day):** beef, pork, chicken, fish, eggs, nuts and seeds, soy products like tofu, and beans
- **Dairy (~3 cups per day):** milk, yogurt, cheese, and calcium-fortified soymilk



However, it is not just about what you try to put *on* your plates. It is also about what you try to keep *off* your plates! The WHO also recommends limiting the following³:

- Added sugar
- Salt
- Saturated and trans fats

¹ <https://www.who.int/activities/preventing-noncommunicable-diseases>

² <https://www.choosemyplate.gov/eathealthy/start-simple-myplate>

³ <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>