How to Eat the Rainbow

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### Dietary Guidelines for Americans

On a 2000 calorie diet:

- **Fruits** 2 ½ cups a day
- **Vegetables** 3 cups a day
  - Dark green vegetables 3 cups a week
  - Orange vegetables 2 cups a week
  - Legumes 3 cups a week
  - Starchy vegetables 3 cups a week
  - Other vegetables 6.5 cups a week
Breakfast – Egg biscuit

• Instead of this:  
• Have this:
Breakfast - Cereal

- Instead of ____________
- Have this

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- Cereal

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- Mix fruit
- Milk
Coffee Break

• Instead of

• Have this
Lunch – Fast food

- Instead of
- How about
Lunch - Sandwich

• Instead of this

• Have this
Afternoon Snack - Sweet

• Instead of:  • Have this:
Afternoon Snack - Salty

- Instead of this
- Have this
Evening meal - Fried shrimp

- Instead of
- Have this
Evening meal - Italian

- Instead of
- Have this
### How to make sure you and your family will eat more fruits and vegetables?

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<td>•</td>
<td>Choose plenty of fresh, frozen and canned vegetables and fruits in the grocery store.</td>
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<td>Have them available at home.</td>
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<td>Plan your meals around vegetables and fruits while using meat as a garnish.</td>
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<td>Reduce the availability of less healthy snack foods.</td>
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Thank You!