

Food Guide for Women



Amount per day

Breads, Grains, & Cereals
6 to 8 of these choices

- Bread, tortilla, roll, pancake – 1
- Bagel, English muffin – ½
- Dry cereal – 1 cup
- Noodles, rice, cooked cereal – ½ cup
- Crackers – 4

Eat more whole grain foods (like whole wheat bread, oatmeal, corn tortillas, brown rice).



Vegetables
3 cups of these choices

- Cooked vegetables
 - Raw vegetables
- Eat a dark green or orange vegetable every day, like carrots, broccoli, spinach, greens, sweet potato, or squash.



Fruits
2 cups of these choices

- Fresh fruits
 - Canned or frozen fruits
 - Juice – ¾ cup
- Eat a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices (only 1 serving of juice).



Milk Products
3 to 4* of these choices

- Milk – 1 cup
 - Cheese – 1½ ounces
 - Cottage cheese – 2 cups
 - Yogurt, pudding or custard made with milk – 1 cup
 - Frozen yogurt, ice cream – 1½ cups
- Choose mostly nonfat or lowfat milk products.



Protein Foods
6 of these choices

- Animal Protein**
- Meat, chicken, turkey, fish – 1 ounce
 - Egg – 1
- Vegetable Protein**
- Cooked dry beans, peas, lentils – ¼ cup
 - Peanut butter – 1 tablespoon
 - Tofu – ¼ cup
- Eat some vegetable protein foods every day!



Fats, Oils, & Sweets

It is OK to eat these foods *once in a while*.

