# Food Guide for Women

**Amounts 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 ( \* 4 for teens)**

* 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.*