

FITNESS BOOTCAMP

Food Groups	Serving Size	1600 calorie plan	2000 calorie plan	Examples and Notes	Significance
Grains	1 slice bread, 1 oz. dry cereal, 1/2 cup cooked rice/pasta/or cereal	6 servings	7-8 servings	whole wheat bread, english muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels, and popcorn	Major source of energy and fiber
Vegetables	1 cup raw leafy vegetable, 1/2 cup cooked vegetables, 6 oz. vegetable juice	4-5 servings	5-6 servings	tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	rich sources of potassium, magnesium, and fiber
Fruits	1 medium fruit, 6 oz. fruit juice, 1/4 cup dried fruit, 1/2 cup fresh/frozen/or canned fruit	3 servings	3-4 servings	apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	important sources of potassium, magnesium, and fiber -
low-fat or fat free dairy foods	8 oz. milk, 1 cup yogurt, 1.5 oz cheese	2-3 servings	2-3 servings	fat-free or low-fat milk/buttermilk/ yogurt/frozen yogurt/cheese/cottage cheese	major sources of calcium and protein
meat, poultry, fish	3 oz. cooked beef/poultry/fish, 1 whole egg, 4 egg whites	1-2 servings	2 or less servings	select only lean whole meat, trim away any fat or skin, broil/roast/boil/grill, DO NOT FRY	rich sources of protein and magnesium
nuts, seeds, leg	1.5 oz nuts, .5 oz seeds, .5 cup of cooked beans or peas	3-4 servings	4-5 servings	almonds, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils	rich sources of energy, magnesium, potassium, protein, fiber

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fats and oils	1 t. butter, 1 T low-fat mayo, 2 T light salad dressing, 1 t. olive oil/vegetable oil	2 servings	2-3 servings	butter, light mayo/salad dressing, vegetable oil, olive oil,	DASH uses 27% of calories as fat including fat in or added to foods
sweets	1T sugar, 1T jelly or jam, .5 oz jelly beans, 8oz lemonade	0 servings	5 servings PER WEEK	maple syrup, sugar, jelly, jam, jello, jelly beans, hard candy, sorbet	sweets should be low in fat