

Wegmans Feel Your Best

Healthy Eating Guidelines

Enjoy a balanced variety of flavorful foods to live a healthier, better life through food.

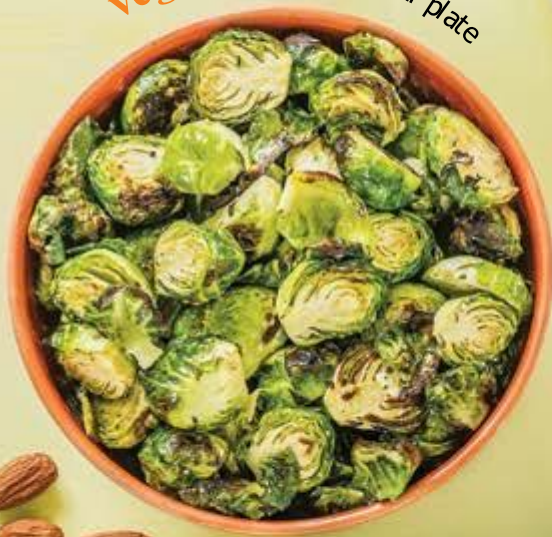
Stay **hydrated**



seafood - for heart-healthy omega-3s



veggies - fill half your plate



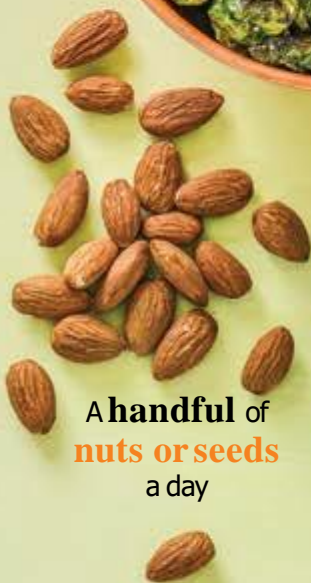
dairy - particularly low fat and cultured



beans and legumes throughout the week



A **handful** of **nuts or seeds** a day



whole grains - enjoy every day



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	Basic guideline	What's a serving?
Fruits & Veggies	5 or more servings per day	<ul style="list-style-type: none"> ▪ 1 cup raw, cooked, canned or frozen ▪ 1 large piece or 2 small pieces fresh fruit ▪ 2 cups leafy greens ▪ ½ cup dried fruit ▪ 1 cup 100% juice
Dairy	3 servings per day	<ul style="list-style-type: none"> ▪ 1 cup milk ▪ 1 cup yogurt ▪ 1 ½ oz. cheese
Whole Grains	3 or more servings per day (make half your grains whole)	<ul style="list-style-type: none"> ▪ 1 slice of bread ▪ 1 cup ready-to-eat cereal ▪ ½ cup cooked rice, pasta or cereal
Nuts & Seeds	A handful daily	<ul style="list-style-type: none"> ▪ About ¼ cup nuts and seeds ▪ 2 Tbsp. nut butter
Water	Use thirst as a guide	<ul style="list-style-type: none"> ▪ Options like plain water, low-fat milk, unsweetened tea & black coffee can all help meet your fluid needs
Seafood	2 or more servings per week	<ul style="list-style-type: none"> ▪ About 4 oz. cooked ▪ Includes fresh, frozen, and canned
Beans & Legumes	2 or more servings per week	<ul style="list-style-type: none"> ▪ ½ cup cooked
Limited Red & Processed Meats	2 or fewer servings per week	<ul style="list-style-type: none"> ▪ About 4 oz. cooked ▪ Includes beef, lamb, pork, lunch meats, hot dogs, bacon, and some sausage
Eggs & Poultry	While current research does not point to specific amounts to consume, eggs and poultry can be a part of a healthy eating pattern	<ul style="list-style-type: none"> ▪ Eggs - 1 egg ▪ Poultry - About 4 oz. cooked
Liquid Oil	Use more often, in place of solid fats	<ul style="list-style-type: none"> ▪ Includes olive, canola, safflower, sunflower, soybean, grapeseed

These guidelines are based on the 2015 Dietary Guidelines for Americans and the Mediterranean Diet. Please note: If you have a special dietary need or a medical condition, check with your doctor first to see if these guidelines would be appropriate.