

# What to Eat and Drink

## Carbohydrates

50-60% of diet  
↑ complex, ↓ simple

## Protein

Moderate  
amounts

## Fat

Moderate  
amounts

## Fluid

≈ 2 quarts (64 oz.)  
plus exercise  
needs

## Basic 5 Food Groups

### Grains

#### Carbohydrate

5+ servings/day  
≈ 100 calories/serving

### Fruits

#### Carbohydrate

2+ servings/day  
≈ 100 calories/serving

### Dairy

#### Carbohydrate

#### Protein

Choose low fat

3+ servings/day  
≈ 100 calories/serving

### Vegetables

#### Carbohydrates

3+ servings/day  
≈ 25 calories/serving

### Proteins

#### Protein

Choose low fat

2+ servings/day  
Calories vary