## Daily

•2+Cups-Veges			
•3or4 pieces fruit			
•1 or2 Cups Whole	e Soy		
•2+Cups Whole Grains			
•1/2Cup+Beans/Legume			
•HealthyFats:5-7/Day =			
1 tea/oil, 2 waln	uts, 1T		
flaxseed			
•Healthy Herbs/Spice			
•2 to4 Cups Tea (green)			
•1 glass Red Wine	)		

Asian Mushrooms

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1 or 2 servings a week

•Choose between: 1 oz Cheese, 1-8 oz non-fat dairy, 1 egg, 3 oz poultry
•Pasta (al dente) = 1/2 cup
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•VITES

2-6 Servings a week

| Fish & Seafood = |
|------------------|------------------|------------------|------------------|------------------|------------------|
| 4 ounces/each    |