

6-6-2 Plan for Basic Nutrition

- 6 servings per day of whole grains and/or beans/legumes
- 6 servings per day of fruit and/or vegetables
- 1 serving per day of a Vitamin C source ... citrus, raw tomato, etc.
- 1 serving per day of a Vitamin A source ... yellow, orange, red vegetables
- 2 servings per day of a source of healthy fat ... olives, avocado, nuts, seeds

Ideal Diet

Generous Breakfast ... Largest meal; may be vegetable rather than fruit

Breakfast main dish (hot cereal, granola, waffles, etc.)

Raw fruit

Other fruit (may be raw also)

Whole grain bread or toast

Fruit spread or fruit butter

Good Lunch ... Second largest meal of the day

Cooked main dish

Raw vegetable or salad

Cooked vegetable

Whole grain bread

Side dish or spread

Spare Supper ... Eat very light, or omit

Fruit or fruit sauce

Whole grain (bread, crackers, cereals)