Healthy Eating Chart: 43 Simple Foods, Free Printable PDF

Free printable. Full guide and tips: https://betterlifecarez.com/healthy-eating-chart/

Your Healthy Eating Chart: 43 Foods by Group

Legend: approximate values per serving from USDA FoodData Central, rounded. Cal = calories, g = grams, 0 = none or trace. The best picks sit at the top of each table.

Build Your Plate First

Plate section	Share of plate	Easy portion guide	Pick from
Vegetables	About half, with fruit	1 to 2 fists	Vegetables table
Protein	About one quarter	1 palm (about 3 oz)	Protein table
Whole grains or starch	About one quarter	1 cupped hand	Grains table
Fruit	Side or dessert	1 fist	Fruits table
Dairy or fortified alternative	On the side	1 cup or 1 oz cheese	Dairy table
Healthy fats	Small add-on	1 thumb (about 1 tbsp)	Fats table

Vegetables (Sorted by Fiber)

Food	Serving	Cal	Protein (g)	Fiber (g)	Standout nutrient
Broccoli, cooked	1 cup	~55	~4	~5	Vitamins C and K
Green peas, cooked	1/2 cup	~65	~4	~4	Vitamin K
Brussels sprouts, cooked	1 cup	~55	~4	~4	Vitamin K
Sweet potato, baked	1 medium	~105	~2	~4	Vitamin A
Red bell pepper, raw	1 cup chopped	~40	~1.5	~3	Vitamin C
Cauliflower, cooked	1 cup	~30	~2	~3	Vitamin C
Carrot, raw	1 medium	~25	~0.5	~2	Vitamin A
Spinach, raw	1 cup	~7	~1	~1	Vitamin K, folate

Fruits (Sorted by Fiber)

Food	Serving	Cal	Protein (g)	Fiber (g)	Standout nutrient
Raspberries	1 cup	~65	~1.5	~8	Vitamin C
Pear, with skin	1 medium	~100	~0.5	~5.5	Fiber
Apple, with skin	1 medium	~95	~0.5	~4.5	Fiber
Blueberries	1 cup	~85	~1	~3.5	Vitamin K
Banana	1 medium	~105	~1.5	~3	Potassium
Orange	1 medium	~60	~1	~3	Vitamin C
Strawberries	1 cup halves	~50	~1	~3	Vitamin C

Whole Grains and Starches (Sorted by Fiber)

Food	Serving	Cal	Protein (g)	Fiber (g)	Standout nutrient
Whole wheat pasta, cooked	1 cup	~175	~7.5	~6	B vitamins
Barley, cooked	1 cup	~195	~3.5	~6	Beta-glucan fiber
Quinoa, cooked	1 cup	~220	~8	~5	Magnesium
Rolled oats, dry	1/2 cup	~150	~5	~4	Beta-glucan fiber
Popcorn, air-popped	3 cups	~95	~3	~3.5	Whole grain
Brown rice, cooked	1 cup	~220	~5	~3.5	Magnesium
Whole wheat bread	1 slice	~80	~4	~2	B vitamins

Proteins (Sorted by Protein)

Food	Serving	Cal	Protein (g)	Fiber (g)	Standout nutrient
Chicken breast, skinless, cooked	3 oz	~140	~26	0	Niacin
Salmon, cooked	3 oz	~160	~20	0	Omega-3 fats
Shrimp, cooked	3 oz	~85	~20	0	Selenium
Tofu, firm	1/2 cup	~180	~20	~3	Calcium (check label)
Tuna, canned light in water	3 oz drained	~75	~17	0	Vitamin B12
Lentils, cooked	1/2 cup	~115	~9	~8	Folate, iron
Black beans, cooked	1/2 cup	~115	~7.5	~7.5	Folate
Chickpeas, cooked	1/2 cup	~135	~7	~6	Folate
Egg	1 large	~70	~6	0	Choline

Dairy and Alternatives (Sorted by Protein)

Food	Serving	Cal	Protein (g)	Fiber (g)	Standout nutrient
Greek yogurt, plain nonfat	6 oz	~100	~17	0	Calcium
Cottage cheese, 1% fat	1/2 cup	~80	~14	0	Protein; watch sodium
Milk, 1% fat	1 cup	~100	~8	0	Calcium, vitamin D
Soy milk, unsweetened	1 cup	~80	~7	~1	Calcium if fortified
Cheddar cheese	1 oz	~115	~6.5	0	Calcium

Healthy Fats, Nuts and Seeds (Sorted by Fiber)

Food	Serving	Cal	Protein (g)	Fiber (g)	Standout nutrient
Chia seeds	1 tbsp	~60	~2	~4	Omega-3 (ALA)
Almonds	1 oz (about 23)	~165	~6	~3.5	Vitamin E
Avocado	1/3 medium	~80	~1	~3.5	Monounsaturated fat
Peanut butter, natural	2 tbsp	~190	~7	~2	Niacin
Ground flaxseed	1 tbsp	~35	~1.5	~2	Omega-3 (ALA)
Walnuts	1 oz	~185	~4	~2	Omega-3 (ALA)
Olive oil, extra virgin	1 tbsp	~120	0	0	Monounsaturated fat

Daily Values Worth Knowing

These are FDA Daily Values used on US food labels, based on a 2,000-calorie diet.

- Fiber: about 28 g a day
- Sodium: less than 2,300 mg a day
- Added sugars: less than 50 g a day
- Water: sip through the day; needs vary with heat and activity