Remember ABCDMV

* A - adequacy
  + Diet provides energy and nutrients
* B - balance
  + The right portions from each food group
* C - calorie control
  + Avoid overeating
* D - density
  + Foods that are high in nutrients and low in calories
* M - moderation
  + Do not deprive yourself; do not overeat
* V - variety
  + Choose a variety of foods from each food group

