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

