USDA
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10 tips
Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

4 Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

5 Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.

6 Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7 Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9 Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Center for Nutrition Policy and Promotion
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Go to **ChooseMyPlate.gov** for more information.

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Revised October 2016

USDA
United States Department of Agriculture

10 consejos Serie de Educación en Nutrición

MiPlato MisVictorias

Basado en las Guías Alimentarías para los Estadounidenses

Elija MiPlato

Use MiPlato para construir su estilo de alimentación saludable y mantenerlo durante toda la vida. Elija alimentos y bebidas de cada grupo de alimentos MiPlato. Asegúrese de que sus opciones sean limitadas en sodio, grasas saturadas y azúcares añadidos. Comience con pequeños cambios para tomar decisiones más saludables que pueda disfrutar.

1 Encuentre su estilo de alimentación saludable

Crear un estilo saludable significa comer con regularidad una variedad de alimentos para obtener los nutrientes y las calorías que necesita. Los consejos de MiPlato le ayudan a crear sus propias soluciones de alimentación saludable—"MisVictorias."

2 Llene la mitad de su plato con frutas y vegetales

Comer frutas y vegetales de colores variados es importante porque aportan vitaminas y minerales y la mayoría son bajas en calorías.

3 Enfóquese en las frutas enteras

Elija frutas enteras frescas, congeladas, secas o enlatadas en jugo 100%. Disfrute de la fruta con las comidas, como bocadillos o como postre.

4 Varie sus vegetales

Trate de agregar vegetales frescos, congelados o enlatados a ensaladas, acompañamientos y platos principales. Elija una variedad de vegetales de colores diferentes preparados de maneras saludables: al vapor, salteados, asados o crudos.

5 Que la mitad de sus granos sean integrales

Busque granos enteros que figuren en el primer o segundo lugar de la lista de ingredientes: pruebe avena, palomitas de maíz, pan integral y arroz integral. Limite los postres y bocadillos a base de granos, como pasteles, galletas y hojaldres.

6 Cambie a yogur o leche semidesnatada o desnatada

Elija leche, yogur y bebidas de soja (leche de soja) bajos en grasa o sin grasa para reducir la grasa saturada. Sustituya la crema agria, la crema y el queso regular con yogur, leche y queso bajos en grasa.

7 Varíe su rutina de proteínas

Mezcle sus alimentos de proteína para incluir mariscos, frijoles y guisantes, frutos secos y semillas sin sal, productos de soja, huevos y carnes magras y aves de corral. Pruebe platos principales hechos con frijoles o mariscos como ensalada de atún o chile de frijoles.

8 Beba y coma bebidas y alimentos con menos sodio, menos grasas saturadas y menos azúcares añadidos

Use la etiqueta de información nutricional y la lista de ingredientes para limitar los elementos con alto contenido de sodio, grasas saturadas y azúcares añadidos. Elija aceites vegetales en lugar de mantequilla, y salsas a base de aceite y salsas para untar en lugar de las que tienen mantequilla, crema o queso.

9 Beba agua en lugar de bebidas azucaradas

El agua no tiene calorías. Los refrescos regulares, energéticos o deportivos y otras bebidas azucaradas contienen una gran cantidad de calorías de azúcares añadidos y tienen pocos nutrientes.

10 Todo lo que come y bebe es importante

La combinación correcta de alimentos puede ayudarle a estar más saludable ahora y en el futuro. Convierta los pequeños cambios en su "MiPlato, MisVictorias."

Center for Nutrition Policy and Promotion
El USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.

Visite ChooseMyPlate.gov para obtener más información.

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USDA

10 نصائح سلسلة التوعية التغذوية

Choose MyPlate (اختر وجبتي)

10 نصائح للاستمتاع بوجبة رائعة

عملية إختيار الأطعمة للتمتع بحياة صحية و بسيطة، كبساطة إتباع هذه النصائح العشرة. يمكنك استخدام الأفكار الواردة في هذه القائمة *للموازنة بين السعرات الحرارية التي تتناولها*، واختيار الأطعمة *التي ينبغي تناولها بشكل أكثر*، والتقليل من الأطعمة *التي ينبغي تناولها بشكل أقل*.

1 الموازنة بين السعرات الحرارية

إحسب ما هو عدد السعرات الحرارية التي تحتاجها أنت يوميا كخطوة أولى في تنظيم وزنك. يمكنك زيارة الموقع www.ChooseMyPlate.gov لإيجاد مستوى السعرات الحرارية الخاص بك، مع العلم بأن ممارسة الأنشطة البدنية سوف تساعدك أيضا في موازنة سعراتك الحرارية.

2 استمتع بطعامك ولكن بكميات أقل

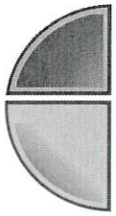
خذ الوقت الكافي للإستمتاع بالطعام خلال تناوله، وذلك لأن تناول الطعام بسرعة أكثر من اللازم أو عندما يكون انتباهك في مكان آخر قد يؤدي إلى تناول عدد سعرات حرارية أكثر من اللازم. فيجب الانتباه إلى مؤشرات الجوع والامتلاء عندك، قبل وفي أثناء وبعد تناول الوجبات. إستخدمها، لتعرف متى ستأكل ومتى اكتفيت بالأكل.

3 تجنب الحصص الأكبر من المعتاد

قم باستخدام صحن صغير، وعاء و قدح و قم بتقسيم الأطعمة قبل تناولها. وعند تناول الطعام في مطعم قم باختيار خيار أصغر حجما أو تقاسم طعامك مع آخرين أو أخذ جزء من وجبتك معك إلى البيت.

4 الأطعمة التي ينبغي تناولها بشكل أكثر

تناول المزيد من الخضروات والفواكه والحبوب الكاملة والحليب ومنتجات الألبان الخالية من الدسم أو المحتوية على 1٪ دسم، لأن هذه الأطعمة تحتوي على العناصر الغذائية التي تحتاج إليها للمحافظة على صحتك — بما فيها البوتاسيوم، الكالسيوم وفيتامين د والألياف. ينبغي أن تجعلها من المكونات الأساسية للوجبات الرئيسية والخفيفة.



5 خصّص نصف طبقك للفواكه والخضروات

قم باختيار الخضروات ذات اللون الأحمر والبرتقالي والأخضر الغامق مثل الطماطم والبطاطا الحلوة والبروكلي بالإضافة إلى خضروات أخرى لوجباتك. وقم بإضافة الفاكهة إلى الوجبات كجزء من الطبق الرئيسي أو الجانبي أو كحلوى بعد الطعام.

6 استعمل الحليب الخالي الدسم أو المنخفض الدسم بنسبة (1٪) بدلا من الحليب الكامل الدسم

فكلاهما يحتويان على نفس كمية الكالسيوم والعناصر الغذائية الأساسية الأخرى مثل الحليب الكامل الدسم، ولكن مع عدد أقل من السعرات الحرارية وكمية أقل من الدهون المشبَّعة.

7 اجعل نصف الحبوب التي تتناولها من الحبوب الكاملة

لتناول مزيد من الحبوب السليمة قم باستبدال أحد المنتجات المكررة بأحد منتجات الحبوب الكاملة — مثل تناول الخبز المصنوع من دقيق القمح الكامل بدلا من الخبز الأبيض أو الأرز البني بدلا من الأرز الأبيض.

8 الأطعمة التي ينبغي تناولها بشكل أقل

يجب التقليل من الأطعمة التي تزيد فيها الدهون الصلبة والسكر المضاف والملح. وتشمل هذه الأطعمة الكعكات، البسكويت، الآيس كريم، الحلوى، المشروبات المحلاة، البيتزا، واللحوم الدسمة مثل لحم الضلوع، السجق، لحم الخنزير المقدد (بيكون)، و السجق أو النقانق. فيجب عدم تناول هذه الأطعمة إلا كأكلات شهية تكافئ بها نفسك من حين لآخر وليس كأطعمة يومية.

9 قارن بين نسب الصوديوم في الأطعمة

استخدم ملصق الحقائق الغذائية الموجود على الأطعمة لاختيار تلك التي يكون محتوى الصوديوم فيها قليلا مثل الحساء والخبز والوجبات المجمدة. وقم باختيار المأكولات المعلّبة المكتوب عليها "low sodium" ("قليلة الصوديوم") أو "reduced sodium" ("منخفضة الصوديوم") أو "no salt added" ("غير مملّحة").

10 اشرب ألماء بدلا من المشروبات السكّرية

يمكنك التقليل من السعرات الحرارية باحتساء الماء أو المشروبات غير المسكّرة. تعتبر المياه الغازية ومشروبات الطاقة وكذلك المشروبات الرياضية مصدرا رئيسيا للسكر المضاف والسعرات الحرارية في الحميات الأمريكية.

ورقة النصائح رقم 1 من الإرشادات الغذائية
يونيو / حزيران 2011
Center for Nutrition Policy and Promotion
وزارة الزراعة الأمريكية هي موفر لفرص عمل وجهة عمل ملتزمة بتكافؤ الفرص.

Arabic
لمزيد من المعلومات يمكنك زيارة الموقع
.www.ChooseMyPlate.gov

OMH U.S. Department of Health and Human Services Office of Minority Health

USDA

10 tip
Serye ng Edukasyon sa Nutrisyon

piliin ang AkingPlato

10 tip sa isang mabuting plato

Ang pagpili ng pagkain para sa isang malusog na pamumuhay ay kasing simple lang ng paggamit sa 10 Tip na ito. Gamitin ang mga ideya sa listahang ito upang *balansehin ang iyong calories*, pumili ng mga pagkaing *dapat kainin nang mas madalas*, at upang bawasan ang mga pagkaing *dapat kainin nang bihira*.

1 balansehin ang calories

Alamin kung gaano karaming calories ang IYONG kailangan sa isang araw bilang unang hakbang sa pamamahala ng iyong timbang. Pumunta sa www.ChooseMyPlate.gov upang hanapin ang antas ng iyong calorie. Ang pagiging aktibo ng katawan ay tumutulong din sa iyong pagbalanse ng calories.

2 lasapin ang iyong pagkain, pero kumain nang mas kaunti

Magdahan-dahan upang ganap na malasap ang iyong pagkain habang kinakain mo ito. Ang pagkain nang napakabilis o kapag nasa iba ang iyong atensyon ay maaaring humantong sa pagkain ng napakaraming calories. Pagtuunan ng pansin ang mga hudyat ng gutom at kabusugan bago, habang kumakain, at pagkatapos kumain. Gamitin ang mga ito upang malaman kung kailan dapat kumain at kapag busog ka na.

3 iwasan ang masyadong maraming pagkain

Gumamit ng mas maliit na plato, mangkok, at baso. Hatiin ang mga pagkain bago ka kumain. Kapag kumakain sa labas, piliin ang mas maliit na opsyon, maghati sa pagkain, o iuwi ang bahagi ng iyong pagkain.

4 mga pagkaing dapat kainin nang mas madalas

Kumain ng mas maraming gulay, prutas, mga whole grain, at gatas na walang fat o 1% ang fat at mga produktong mula sa gatas (dairy). Taglay ng mga pagkain na ito ang mga sustansiyang kailangan mo para sa kalusugan—kasama ang potassium, calcium, bitamina D, at fiber. Gawing basehan ang mga ito para sa mga pagkain at miryenda.

5 gawing mga prutas at gulay ang kalahati ng iyong plato

Pumili ng mga gulay na kulay pula, kulay-kahel, at madilim na berde tulad ng mga kamatis, kamote, at broccoli, kasama ng iba pang mga gulay para sa iyong mga pagkain. Magdagdag ng prutas sa mga pagkain bilang bahagi ng pangunahing pagkain o kasamang pagkain (side dish) o bilang panghimagas.

6 lumipat sa gatas na walang fat o kaunti ang fat (1%)

Pareho ang dami ng calcium ng mga ito at ang iba pang mahahalagang sustansiya katulad ng nasa whole milk, ngunit mas kaunti ang calories at mas kaunti ang saturated fat.

7 gawing whole grain ang kalahati ng iyong mga butil

Upang makakain ng mas maraming whole grain, kumain ng mga produktong whole-grain sa halip na repinadong produkto—gaya ng pagkain ng tinapay na whole-wheat sa halip na puting tinapay o pulang kanin (brown rice) sa halip na puting kanin.

8 mga pagkaing dapat kainin nang bihira

Bawasan ang mga pagkain na mataas sa solid fats, may dagdag na asukal, at asin. Kasama sa mga ito ang mga cake, cookies, ice cream, candy, matamis na inumin, pizza, at matatabang karne tulad ng mga buto-buto, sausage, bacon, at mga hot dog. Gamitin ang mga pagkaing ito bilang mga paminsan-minsang pagkain, hindi pang-araw-araw na mga pagkain.

9 paghambingin ang mga sodium sa mga pagkain

Gamitin ang label na Impormasyon Tungkol sa Nutrisyon (Nutrition Facts) upang mapili ang mga bersyon ng mga pagkain na mas mababa ang sodium tulad ng sabaw, tinapay, at mga nagyeyelong pagkain. Piliin ang mga de-latang pagkain na may label na "low sodium (mababa ang sodium)," "reduced sodium (binawasan ang sodium)," o "no salt added (walang dagdag na asin)."

10 uminom ng tubig sa halip na matamis na mga inumin

Bawasan ang calories sa pamamagitan ng pag-inom ng tubig o mga inuming hindi matamis. Ang soda, mga inuming pampalakas (energy drinks), at mga inuming pang-sports (sports drinks) ay mga pangunahing pagmumulan ng dagdag na asukal, at calories, sa pagkaing Amerikano.

OMH U.S. Department of Health and Human Services Office of Minority Health

Tagalog Filipino
Pumunta sa www.ChooseMyPlate.gov upang makakuha ng karagdagang impormasyon.

DG TipSheet Bilang 1
Hunyo 2011
Center for Nutrition Policy and Promotion
Ang USDA ay isang provider at employer na nagbibigay ng patas na pagkakataon.

Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods

1. Eat more _ _ _ _ _ _ , _ _ _ _ _ _ _ _ _ _ _

and whole grains

2. Eat foods lower in solid _ _ _

3. Get your _ _ _ _ _ _ _ rich _ _ _ _ _

4. Be _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Code

A= 
B= 
C= 
D= 
E= 
F= 
G= 
H= 
I= 
J= 
K= 
L= 
M= 

N= 
O= 
P= 
Q= 
R= 
S= 
T= 
U= 
V= 
W=
X= 
Y= 
Z= 

Adapted from
Team Up At Home Team Nutrition Activity Book

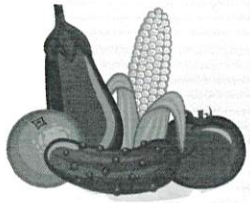
Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



Fruit and Vegetable Goals

Name a fruit you would like to try:

_____

_____

_____

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

_____

_____

_____

Name a vegetable you would like to try:

_____

_____

_____

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

_____

_____

_____

Adapted from
Team Up At Home Team Nutrition Activity Book

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Start simple with MyPlate

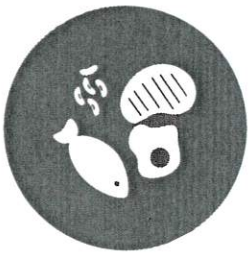
Start simple and take healthy eating one step at a time.

Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.

Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.

Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.

Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans.
Go to Choose**MyPlate**.gov for more information.

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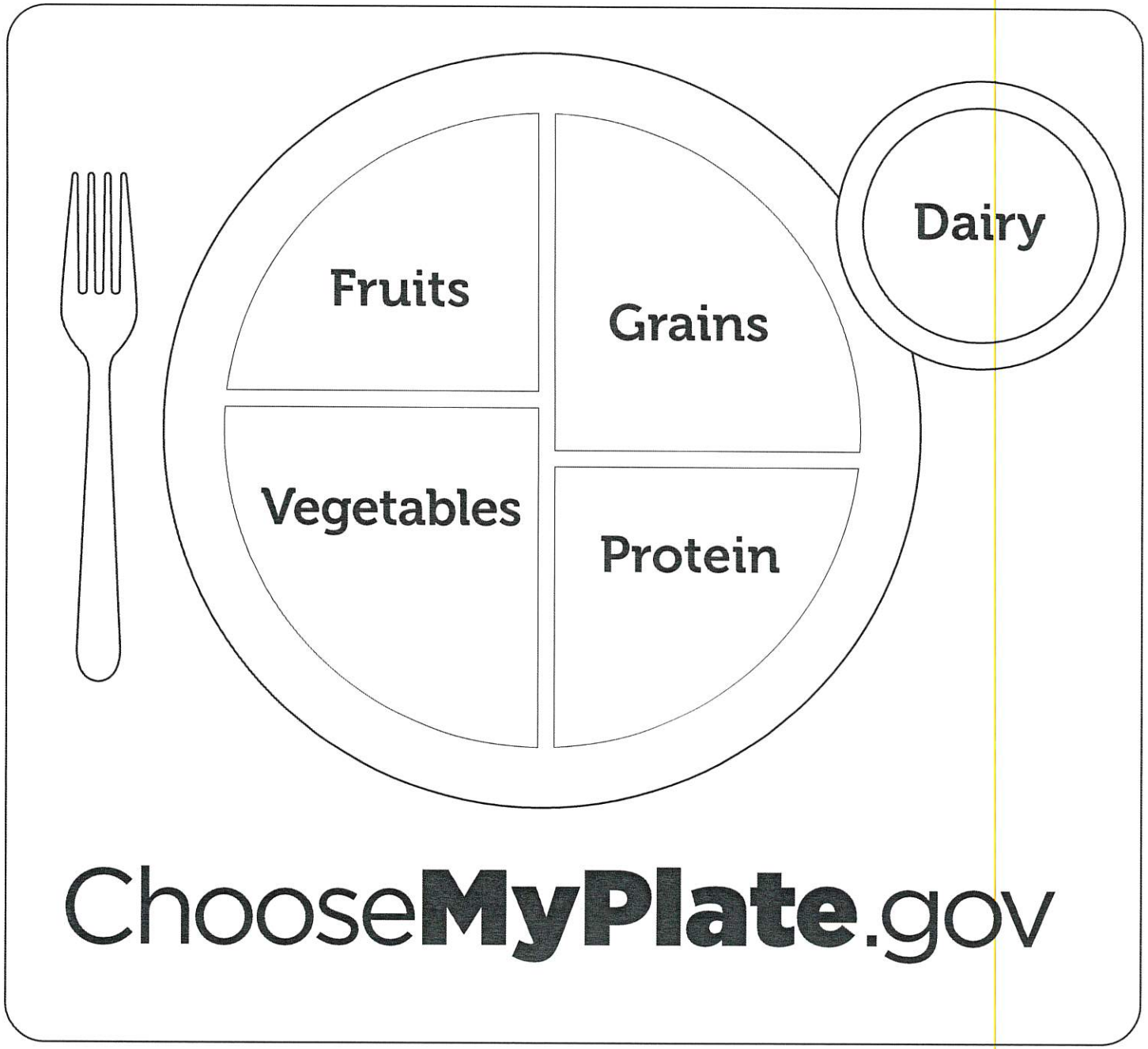

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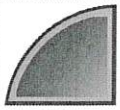
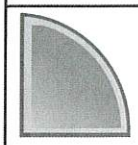
MyPlate Food Groups

Food Group	What Counts As...
 **Fruits** - Whole Fruit - Fruit Juice	**1 cup of Fruit** • 1 cup fresh or canned fruit • 1 cup 100% fruit juice • 1/2 cup dried fruit
 **Vegetables** - Dark Green - Red and Orange - Beans and Peas - Starchy - Other	**1 cup of Vegetables** • 1 cup fresh or canned vegetables • 1 cup 100% vegetable juice • 2 cups leafy salad greens
 **Grains** - Whole Grains - Refined Grains	**1 ounce of Grains** • 1 slice of bread (1 ounce) • 1/2 cup cooked pasta, rice, or cereal • 1 ounce uncooked pasta or rice • 1 tortilla (6 inch diameter) • 1 pancake (5 inch diameter) • 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)
 **Protein Foods** - Seafood - Meat, Poultry, and Eggs - Nuts, Seeds, and Soy	**1 ounce of Protein Foods** • 1 ounce lean meat, poultry, or seafood • 1 egg • 1 Tablespoon peanut butter • 1/2 ounce nuts or seeds • 1/4 cup cooked beans or peas
 **Dairy** - Milk and Yogurt - Cheese	**1 cup of Dairy** • 1 cup milk • 1 cup fortified soymilk (soy beverage) • 1 cup yogurt • 1 1/2 ounce natural cheese (e.g., Cheddar)

Want your personal calorie and food group plan?
Check out the MyPlate Plan at www.ChooseMyPlate.gov/GetMyPlan.
For tips, visit www.ChooseMyPlate.gov/StartSimple.

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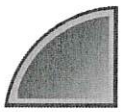
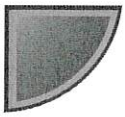
MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

	FRUITS	VEGETABLES	GRAINS	PROTEIN FOODS	DAIRY
					
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Start simple with MyPlate

Food, Nutrition, and Consumer Services
Center for Nutrition Policy and Promotion

December 2018
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MyPlate Kids' Place

MyPlate snack tips for kids

10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack! Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.

2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.

7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.

USDA United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

MP4K-1 (8-12 years old)
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G1611
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MyPlate: Dairy Group

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MyPlate, the United States Department of Agriculture (USDA) food guide system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age, and physical activity level. Personalized guides can be found at *www.Choosemyplate.gov* under the "SuperTracker and Other Tools" tab.

This publication describes healthy ways to incorporate proper amounts of dairy foods into the diet.

What Foods are Included in the Dairy Group?

All fluid milk products and many foods made from milk are considered part of this food group. Most **Dairy Group** choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the Dairy Group. Calcium-fortified soymilk (soy beverage) also is part of the Dairy Group.

How Much Food from the Dairy Group is Needed Daily?

MyPlate recommendations for the Dairy Group are based on age and include a daily intake of 2 cups of dairy products for children ages 2- to 3-years-old, and 2½ cups for 4- to 8-year-olds. The recommendation for those 9 years of age and older is to consume 3 cups per day (*Table I*).

Table I. Recommended amounts of daily dairy consumption.

	Daily Recommendation	
Children	2-3 years old	2 cups
	4-8 years old	2½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

What Counts as a Cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group. *Table II* lists specific amounts that count as 1 cup in the Dairy Group toward your daily recommended intake.

Table II. Amounts of dairy foods equivalent to 1 cup.

	Amount That Counts as a Cup in the Dairy Group	*Common Portions and Cup Equivalents*
Milk (choose fat-free or low-fat milk)	1 cup milk	
	1 half-pint container milk (8 fluid ounces)	
	½ cup evaporated milk	
Yogurt (choose fat-free or low-fat yogurt)	1 regular container (8 fluid ounces)	1 small container (6 ounces) = ¾ cup
	1 cup yogurt	1 snack size container (4 ounces) = ½ cup
Cheese (choose reduced-fat or low-fat cheeses)	1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)	1 slice of hard cheese is equivalent to ½ cup milk
	⅓ cup shredded cheese	
	2 ounces processed cheese	1 slice of processed cheese is equivalent to ⅓ cup milk
	½ cup ricotta cheese	
	2 cups cottage cheese	½ cup cottage cheese is equivalent to ¼ cup milk
Milk-based desserts (choose fat-free or low-fat types)	1 cup pudding made with milk	
	1 cup frozen yogurt	
	1½ cups ice cream	1 scoop ice cream is equivalent to ⅓ cup milk
Soymilk (soy beverage)	1 cup calcium-fortified soymilk	
	1 half-pint container calcium-fortified soymilk	

Nutrients from Dairy Products

Dairy products provide nutrients needed for bone health and a reduced risk of osteoporosis. These nutrients include calcium, potassium, vitamin D, and protein. Milk products also can contain fat, so choose low-fat and fat-free dairy foods most often.

- ***Calcium:*** Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- ***Potassium:*** Diets rich in potassium may help to maintain healthy blood pressure. Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- ***Vitamin D:*** This vitamin functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified yogurt and ready-to-eat breakfast cereals.

Health Benefits

Health benefits include improved bone health and a reduced risk of osteoporosis. Intake of dairy products is especially important during childhood and adolescence, when bone mass is being built. Intake of dairy products also is associated with a reduced risk of cardiovascular disease and type 2 diabetes and with lower blood pressure in adults.

Why is it Important to Make Fat-free or Low-fat Choices from the Dairy Group?

Choosing foods from the Dairy Group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in the blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Many cheeses, whole milk, and products made from them are high in saturated fat. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.

Lactose Intolerance

Some people have difficulty digesting lactose (the sugar found in milk) and may experience nausea, bloating, cramping, and runny stools. Their bodies do not produce enough of an enzyme to break down lactose so that it can be absorbed.

- ***Nuts and Seeds:*** Nuts and seeds also are good choices as a snack, on salads, or in main dishes. Sunflower seeds, almonds, and hazelnuts are rich sources of vitamin E, and walnuts and ground flax are excellent sources of omega-3 fatty acids. Because nuts and seeds are high in calories, eat them in small portions. Use them to replace other protein foods, like some meat or poultry, rather than adding them to what you already eat. In addition, choose unsalted nuts and seeds to help reduce sodium intakes.

Making Healthy Choices

The nutrient content varies among the individual foods in the protein foods group. Keep your choices from the protein foods group lean by choosing:

- Lean beef cuts including round steak and roasts, top loin, top sirloin, and chuck shoulder and arm roasts.
- Lean pork cuts including pork loin, tenderloin, center loin, and ham.
- Extra lean ground beef with a label of 90 percent (or higher) lean.
- Skinless chicken or turkey (buy it skinless or remove skin).
- Lean turkey, roast beef, ham, or low-fat luncheon meats.

Keep It Lean While Cooking

When cooking, keep protein choices lean. Try some of the following tips to trim the fat.

- Trim away all the visible fat from meats and poultry before cooking.
- Grill, broil, roast, or boil meat instead of frying it.
- Drain off any fat that appears during cooking.
- Skip or limit breading on meats, poultry, and fish — it only adds fat and calories.
- Prepare dry beans and peas without added fats.
- Choose and prepare foods without high-fat sauces or gravies.

What to Look for on the Food Label

Check the Nutrition Facts Label for the saturated fat, *trans* fat, cholesterol, and sodium content of packaged foods.

- Processed meats such as hams, sausages, frankfurters, and luncheon or deli meats have added sodium.
- Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as "self-basting" or "contains up to __ percent of __."
- Lower-fat versions of many processed meats are available. Choose products with less fat and saturated fat.

Keep It Safe

- Take care when storing and preparing meats, poultry, seafood, and eggs at home to reduce risk of foodborne illness. Keep the work area clean and make sure to maintain proper temperatures when storing and cooking meats, poultry, seafood, and eggs.
- Wash cutting boards, knives, utensils, and counter tops with hot soapy water after working with each of these foods.
- Store raw meat, poultry, and seafood on the bottom shelf of the refrigerator so their juices do not drop onto other foods.
- Cook raw meat, poultry, and eggs to a safe internal temperature (above 140°F) and keep them cool (below 40°F) or frozen (under 0°F) when storing. Do not leave these foods at room temperature for more than two hours.
- Avoid eating raw or partially cooked eggs, meat, poultry, or foods containing raw eggs.
- Do not thaw foods at room temperature. Instead, place them in the refrigerator, put them in airtight containers under running cold water or thaw them on a plate in the microwave and use immediately.

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Index: Foods & Nutrition
Nutrition

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MyPlate: Fruit Group

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MyPlate, the United States Department of Agriculture (USDA) food guide system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. The MyPlate message about fruit is, "*Make half your plate fruits and vegetables.*" MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age, and physical activity level. Personalized guides can be found at *www.Choosemyplate.gov* under the "SuperTracker and Other Tools" tab.

This publication describes ways to incorporate fruits into the diet, and their health benefits.

Consuming fruits may help prevent many common health ailments such as colds and flu. Fruits are rich sources of a variety of vitamins and minerals, fiber, phytochemicals, and antioxidants, which help to keep you healthy and energetic.

Why Eat Fruit?

Only one-third of Americans eat fruit two or more times a day. As well as not eating enough fruit, many Americans do not eat enough variety of fruit. Orange or grapefruit juice, bananas, apples, and applesauce are the fruits most often eaten by Americans. Eating a variety of fruits means eating a variety of essential vitamins and minerals needed to keep your body healthy. Fruits are low-fat sources of many important nutrients including potassium, dietary fiber, vitamin C, vitamin A, folate, and many phytochemicals that help specific body functions. Health benefits from eating a diet rich in fruits include:

- reduced risk of stroke and cardiovascular diseases
- reduced markers of inflammation and oxidative stress in adults
- reduced risk of type 2 diabetes
- protection from certain types of cancer
- maintaining a healthy weight

Recommendations for the Fruit Group

With MyPlate, the **Fruit Group** includes all fresh, frozen, canned, dried, or juiced fruit. One cup of fruit or 100 percent fruit juice, or one-half cup of dried fruit can be considered as one cup from this group. Generally, medium- to large-size fruits also will be about one cup. For a healthy eating pattern, while staying within an individual's caloric needs, the 2010 Dietary Guidelines for Americans recommends increasing fruit intake, eating the recommended amounts of fruits and choosing a variety of fruits, and choosing whole or cut-up fruits more often than juice. Since most Americans eat only 42 percent of the recommended amounts of fruit, most people need to increase fruit intake to two cups each day. However, the exact amount of food from the fruit group that you need to eat depends on your gender, age, and how physically active you are. From *www.Choosemyplate.gov* find the daily calories and cups of fruit that are recommended for you. See *Table I* for general guidelines.

Table I. How much fruit is needed daily?

	*Daily recommendation**	
Children	2-3 years old 4-8 years old	1 cup 1 to 1½ cups
Girls	9-13 years old 14-18 years old	1½ cups 1½ cups
Boys	9-13 years old 14-18 years old	1½ cups 2 cups
Women	19-30 years old 31-50 years old 51+ years old	2 cups 1½ cups 1½ cups
Men	19-30 years old 31-50 years old 51+ years old	2 cups 2 cups 2 cups

*These amounts are appropriate for individuals getting less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Color Your Plate with Fruit

Phytochemicals are substances found in plant foods such as fruits, vegetables, and whole grains. About 3,000 different phytochemicals are identified with health benefits. Phytochemicals often are found in the plant pigment. Since each color in fruit provides a unique health benefit, the more variety of color on your plate, the better. See *Table II* for specific benefits of fruit colors and phytochemicals.

Eat Fruit Affordably

- Purchase fruit in quantities that can be eaten within a reasonable amount of time. Fruit purchased during harvest season will be more affordable. Select fresh fruit without obvious bruises (natural imperfections are OK) and allow fruit to ripen at room temperature in a bowl or brown paper bag.
- Refrigerate ripe or cut fruit. Canned or frozen fruit may be purchased for later in the week. Fruit canned in fruit juice provides more nutrients with fewer calories than those canned in syrup.
- Rinse (don't soak) all fruits just prior to eating or preparing. This will prevent spoilage during storage, as water encourages rapid mold growth.
- Whole fresh fruits are easy snacks to carry with you and are higher in fiber than fruit juices. Dried fruits are easy to pack in lunches and are convenient during long trips.
- Mixtures of fruit make good salads and desserts to serve with meals. Since fruit naturally includes sugar, it is a "sweet deal" for a healthy diet!

Table II. Health Benefits of Fruit Colors

Color	*Phytochemicals*	*Health Benefit*	*Fruits*
Blue/Purple	**Anthocyanins Phenolics**	**Healthy aging Better memory function Protects against heart disease Lowers risk of some cancers**	**Blackberries, blueberries, plums, elderberries, Concord grapes**
Red	**Lycopene Anthocyanins**	**Healthy aging Protects against heart disease Lowers risk of some cancers Urinary tract health**	**Raspberries, apples, cranberries, cherries, strawberries, guava, pomegranates, tomatoes, pink grapefruit, papaya, watermelon, red grapes**
Orange/Yellow	**Vitamin C Beta-carotene Bioflavonoids**	**Healthy eyes Protects against heart disease Lowers risk of some cancers**	**Apricots, cantaloupe, mangoes, oranges, peaches, nectarines, tangerines, pineapple, lemon, pears**
Green	**Indoles Lutein Quercetin**	**Protects eyesight Lowers risk of some cancers Promotes healing of stomach ulcers**	**Green apples, green pears, kiwi, avocados, green grapes, honeydew melon, limes**
White/Brown	**Allicin**	**Maintain healthy cholesterol levels Protects against heart disease Lowers risk of some cancers**	**Bananas, coconut, dates, white nectarines, white peaches, figs**

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MyPlate: Grains Group

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MyPlate, the United States Department of Agriculture (USDA) food guide system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age, and physical activity level. Personalized guides can be found at *www.Choosemyplate.gov* under the "SuperTracker and Other Tools" tab.

This publication describes ways to incorporate the Grains Group from MyPlate into the diet, especially whole grains.

Most people get enough grain food products in their diet but many don't get enough whole grains. At least one-half of all the grain foods you eat should be whole grain foods.

What Foods Are in the Grains Group?

Foods in the grains group are made from cereal grains. Cereal grains are the seeds of grasses that are cultivated for food such as wheat, rice, oats, and barley. Examples of grain food products are bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. There are two subgroups of grains: *whole and refined.*

Whole vs. Refined Grains

Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

- Bran: outer shell, protects seed, contains fiber, B vitamins, and trace minerals
- Germ: Nourishment for seed, contains antioxidants, vitamin E, and B vitamins
- Endosperm: provides energy, contains carbohydrates and protein

Whole grains provide fiber and other important nutrients. Examples of whole grains include whole wheat, rye, whole oats, oatmeal, whole grain corn, barley, sorghum or triticale, brown and wild rice, buckwheat, bulgur, millet, and quinoa.

Refined grains have been milled, a process that removes the bran and germ. These grains have a finer texture and longer shelf life, but the dietary fiber, iron, and many B vitamins are removed. Most refined grains are enriched, which means that certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are put back into the product. Generally, fiber is not added back into the enriched product. It is important to check the ingredient list on refined grains to make sure the word "enriched" is included in the grain name. Examples of refined grains include white flour, de-germed cornmeal, white bread, and white rice.

Buying Whole Grains — What to Look For

When buying whole grains, keep in mind that the less processed they are, the better. Coarsely ground grain does not digest as rapidly and has less of an impact on blood sugar than finely ground grain. Remember, color is not always an indication of a whole grain. For example, bread might look brown because of the addition of molasses or other added ingredients. Use the Nutrition Facts Label and choose whole grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole grain products are good or excellent sources of fiber.

Table 1. Daily recommendations of amount of grains.

	*Daily Recommendations**		*Daily Minimum Amount of Whole Grains*
Children	2-3 years old	3 ounce equivalents	1½ ounce equivalents
	4-8 years old	5 ounce equivalents	2½ ounce equivalents
Girls	9-13 years old	5 ounce equivalents	3 ounce equivalents
	14-18 years old	6 ounce equivalents	3 ounce equivalents
Boys	9-13 years old	6 ounce equivalents	3 ounce equivalents
	14-18 years old	8 ounce equivalents	4 ounce equivalents
Women	19-30 years old	6 ounce equivalents	3 ounce equivalents
	31-50 years old	6 ounce equivalents	3 ounce equivalents
	51+ years old	5 ounce equivalents	3 ounce equivalents
Men	19-30 years old	8 ounce equivalents	4 ounce equivalents
	31-50 years old	7 ounce equivalents	3½ ounce equivalents
	51+ years old	6 ounce equivalents	3 ounce equivalents

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within caloric intake. Eat fewer or more grains, depending on individual daily caloric intake. To find the calorie and grain intake level that is right for you, go to *http://www.choosemyplate.gov/myplate/index.aspx*.

To find whole-grain foods, look for one of the following listed first on the ingredient label:

- brown rice
- buckwheat
- bulgur
- oatmeal
- quinoa
- rolled oats
- whole-grain barley
- whole-grain corn
- whole-grain sorghum
- whole-grain triticale
- whole oats
- whole rye
- whole wheat
- wild rice

How Much is Needed?

The amount of grains you need to eat depends on your age, gender, and level of physical activity (*Table I*).

What Counts as an Ounce?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as a 1 ounce equivalent from the Grains Group. Below are examples of specific amounts that count as 1 ounce equivalents toward your daily recommended intake:

- Bagel — 1 mini bagel, ½ regular-size bagel, ¼ large bagel
- Biscuit, Muffin — 1 small (2-inch diameter)
- Breads — 1 regular slice, 1 small slice French, 4 snack-size slices rye bread
- Ready-to-eat breakfast cereal — 1 cup flakes or rounds, 1¼ cups puffed
- Cooked grains (e.g., bulgur, couscous, quinoa) — ½ cup cooked
- Cornbread — 1 small (2½ inches by 1-inch by 1½-inches)
- Crackers — 5 whole wheat crackers, 2 rye crispbreads, 7 square or round crackers
- English Muffin — ½ muffin
- Oatmeal — ½ cup cooked, 1 packet instant, 1 ounce (⅓ cup) dry (regular or quick)
- Pancakes, Waffles — 1 (4½-inch diameter), 2 small (3-inch diameter)
- Popcorn — 3 cups, popped
- Rice, pasta — ½ cup cooked, 1 ounce dry
- Tortillas — 1 small flour (6-inch diameter), 1 corn (6-inch diameter)

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MyPlate: Vegetable Group

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This publication describes ways to incorporate healthful vegetables into the diet.

Vegetables bring color, texture and flavor to meals. More importantly, vegetables provide folate, vitamins A and C, minerals such as potassium, dietary fiber, antioxidants, and many phytochemicals. Vegetables generally are low in calories.

Why Eat Vegetables?

Americans typically eat only 59 percent of the recommended amounts of vegetables, affecting their overall health. Eating the recommended amounts of nutrient-rich vegetables has positive health benefits. Research has shown that people who eat generous amounts of fruits and vegetables as part of a healthful eating pattern have reduced risk of certain health problems. Some of the health benefits gained by eating a diet rich in a variety of vegetables include:

- reduced risk for stroke, coronary heart disease, and other cardiovascular diseases
- reduced markers of inflammation and oxidative stress in adults
- reduced risk of type 2 diabetes
- protection from certain types of cancer
- reduced risk of developing kidney stones
- increased protection from bone loss
- help with weight management

Vegetable Diet Recommendations

With MyPlate, any vegetable or vegetable juice is part of the **Vegetable Food Group**. Vegetables are the edible part of plants and can be raw, cooked, canned, frozen, or dried. One cup of raw, cooked or juiced vegetable; or two cups of raw leafy green vegetables count as one cup from the Vegetable Food Group. For a healthy eating pattern, while staying within an individual's caloric needs, the 2010 Dietary Guidelines for Americans recommends increasing vegetable intake and eating a variety of vegetables, especially dark green, red and orange vegetables, and beans and peas. Most people should aim to eat at least 2½ cups of vegetables each day. However, the exact amount of food from the vegetable group that you need to eat depends on your gender, age, and how physically activity you are. From *www.Choosemyplate.gov* find the daily calories and cups of vegetables that are recommended for you. See *Table I* for general guidelines.

Table I. Daily Recommendations*

	Age	*Recommendation*
Children	2-3 years old 4-8 years old	1 cup 1½ cups
Girls	9-13 years old 14-18 years old	2 cups 2½ cups
Boys	9-13 years old 14-18 years old	2½ cups 3 cups
Women	19 -30 years old 31- 50 years old 50+ years old	2½ cups 2½ cups 2 cups
Men	19 -30 years old 31- 50 years old 50+ years old	3 cups 3 cups 2½ cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Color Your Plate with Vegetables

For the most healthful diet, regularly eat dark green, red, and orange vegetables, and dry beans (legumes). This colorful variety of vegetables will help provide the full range of vitamins, fiber, and minerals that your body needs. Vegetables are organized into five subgroups based on their nutrient content. *Table II* provides information about the different subgroups of vegetables and the recommended weekly amounts of each group to fit into a 2,000 calorie diet. Vegetables are popular with people who watch their weight because they are low in calories and fat, and high in fiber. However, some ways of preparing vegetables may add extra fat. For example, fried or buttered vegetables have many more calories and fat than steamed vegetables. Cheeses, cream sauces, and salad dressings also add extra fat. Keep calories low by limiting added fat, and by eating fresh, roasted, grilled, or steamed vegetables.

Including Vegetables on a Tight Budget

- To prevent throwing out spoiled food, shop smart by selecting fresh vegetables for the first four days of the week and selecting canned or frozen vegetables for the remainder of the week. Vegetables in season are fresher and often more affordable.
- Vegetables with the least processing are usually more affordable too. For example, fresh whole carrots cost about one-third that of cleaned baby carrots.
- If children help select vegetables at the grocery store or help prepare vegetables, they are more likely to eat them. Also, allow children to choose the kinds of vegetables they eat by offering two to three choices for meals and snacks.
- A very economical choice is dry beans or legumes, costing about 10 cents per half-cup serving. Although dry beans require a long cooking time, they need not

Table II. Vegetable Subgroup and recommended weekly amount

	Vegetables in Subgroup	*Nutrition benefit*
Dark Green Vegetables 1½ cups per week	Bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mustard greens, romaine lettuce, spinach, turnip greens, watercress	Dark green vegetables are rich in calcium needed for healthy bones and teeth.
Orange/Red Vegetables 5½ cups per week	Acorn squash, butternut squash, carrots, hubbard squash, pumpkin, sweet potatoes, red peppers, tomatoes	Foods high in beta-carotene, which is turned into vitamin A in the body, help protect against infection and some cancers.
Dry Peas and Beans (Legumes) 1½ cups per week	Black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, tofu, white beans	Iron, found in legumes, is needed by the body to build blood.
Starchy Vegetables 5 cups per week	Green peas, corn, potatoes, taro root, water chestnuts	Vegetables provide a wide range of vitamins, minerals, and phytochemicals.
Other Vegetables 4 cups per week	Green beans, artichokes, asparagus, bean sprouts, beets, onions, brussel sprouts, cabbage, cauliflower, okra, parsnips, celery, turnips, cucumbers, eggplant, green or yellow peppers, iceberg lettuce, mushrooms, summer squash, vegetable juice, zucchini	All vegetables are sources of fiber which aids digestion, lowers cholesterol, stabilizes blood sugar, and protects from colon cancer.

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MyPlate: Protein Foods Group

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MyPlate, the United States Department of Agriculture (USDA) food guide system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age, and physical activity level. Personalized guides can be found at *www.Choosemyplate.gov* under the "SuperTracker and Other Tools" tab.

This publication describes ways to incorporate proper amounts of healthy low-fat protein into the diet.

What Foods Are in the Protein Foods Group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the **Protein Foods Group** (*http://www.choosemyplate.gov/food-groups/protein-foods.html*). Select a variety of protein foods to improve nutrient intake and health benefits. Vegetarian options include beans and peas, processed soy products, and nuts and seeds.

How Much Food from the Protein Foods Group is Needed Daily?

The amount of food from the Protein Foods Group you need to eat depends on age, gender, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods (*Table I*).

Table I. Daily recommended consumption of protein foods.

		*Daily Recommendation**
Children	2-3 years old	2 ounce equivalents
	4-8 years old	4 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
Boys	9-13 years old	5 ounce equivalents
	14-18 years old	6½ ounce equivalents
Women	19-30 years old	5½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5½ ounce equivalents

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What Counts as an "Ounce Equivalent" in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group (*Table II*).

Table II. Examples of "ounce equivalent" in protein foods.

	Amount that counts as 1 ounce equivalent in the Protein Foods Group	*Common portions and ounce equivalents*
Meats	1 ounce cooked lean beef 1 ounce cooked lean pork or ham	• 1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents • 1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin	• 1 small chicken breast half = 3 ounce equivalents
	1 sandwich slice of turkey (4½ by 2½ by ⅛")	• ½ Cornish game hen = 4 ounce equivalents
Seafood	1 ounce cooked fish or shell fish	• 1 can of tuna, drained = 3 to 4 ounce equivalents • 1 salmon steak = 4 to 6 ounce equivalents • 1 small trout = 3 ounce equivalents
Eggs	1 egg	• 3 egg whites = 2 ounce equivalents • 3 egg yolks = 1 ounce equivalent
Nuts and seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) ½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter	• 1 ounce of nuts or seeds = 2 ounce equivalents
Beans and peas	¼ cup of cooked beans (such as black, kidney, pinto, or white beans) ¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas) ¼ cup of baked beans, refried beans ¼ cup (about 2 ounces) of tofu 1 oz. tempeh, cooked ¼ cup roasted soybeans, 1 falafel patty (2¼", 4 oz) 2 Tablespoons hummus	• 1 cup split pea soup = 2 ounce equivalents • 1 cup lentil soup = 2 ounce equivalents • 1 cup bean soup = 2 ounce equivalents • 1 soy or bean burger patty = 2 ounce equivalents

Why Include Protein?

Meat, poultry, seafood, dry beans, eggs, nuts, and seeds provide several nutrients needed to build and maintain the body. These nutrients include protein, B vitamins, iron, vitamin E, magnesium, and zinc.

- ***Proteins*** build and maintain body tissues like bones, muscles, skin, and blood.
- ***B vitamins*** help the body use energy and build tissues. They play an important role in the nervous system and in forming red blood cells.
- ***Iron*** carries oxygen in the blood.
- ***Vitamin E*** is an antioxidant that protects cells from breaking down.
- ***Magnesium*** is important for bone health and in releasing energy from muscles.
- ***Zinc*** helps our immune system.
- ***EPA and DHA are omega-3 fatty acids*** found in varying amounts in seafood. Eating 8 ounces of seafood per week may help reduce the risk for heart disease.

Vary Protein Choices

Most Americans get enough foods from the protein foods group but could make leaner and healthier choices.

- ***Some food choices in this group are high in saturated fat.*** Diets high in saturated fats raise "bad" cholesterol levels (LDL or low-density lipoprotein) in the blood. High LDL cholesterol increases the risk for coronary heart disease. These include fatty cuts of beef, pork, and lamb; regular (75 percent to 85 percent lean) ground beef; regular sausages, hot dogs, and bacon; some luncheon meats (regular bologna and salami); and some poultry such as duck. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
- ***Some foods from this group are high in cholesterol.*** Diets high in cholesterol can raise LDL cholesterol levels in the blood. Cholesterol is only found in foods from animal sources. These include egg yolks (egg whites are cholesterol-free) and organ meats such as liver and giblets. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
- ***Seafood:*** Eating seafood twice a week (6 to 8 ounces total) may reduce the risk of death from coronary artery disease. Eat fish that is rich in omega-3 fatty acids such as herring, salmon, and trout, and prepare fish without adding any fat.
- ***Beans and Peas:*** Choose cooked dry beans or peas as a main dish or add them to other dishes in your meals. Some ideas for adding cooked dry beans and peas include chili with pinto or kidney beans; split pea, lentil, minestrone or white bean soup; baked beans and black bean burritos.

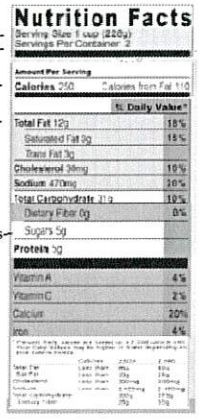
All PowerPoints use the Arial font, since it seems to be the best PowerPoint font for minimizing formatting issues when uploading to Google Docs.

Please remember if you upload any part of this curriculum to Google Docs, copyright states docs cannot be shared with other teachers, and cannot be accessible by the public; rather files must be used with **password-protected access for students only**!

Thank you!! Mrs. S.

Food Label Reading Lesson

look at this-
look at this-
look at this-
look at this-
look at this-



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

How companies might deceive you on a food label:

1. Unrealistic serving size - chips
2. Servings per container - muffin, Fritos
3. Packaging - pop tart
4. listing an amount and then having a " * "
   - Mac n' Cheese and brownies

Label Deception-Serving Size:

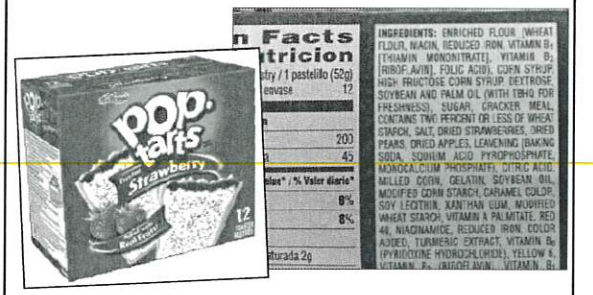
Servings Size: 6 chips
Servings per Container: 20
Calories: 130 (x 20)
Total Fat: 6 grams (x 20)

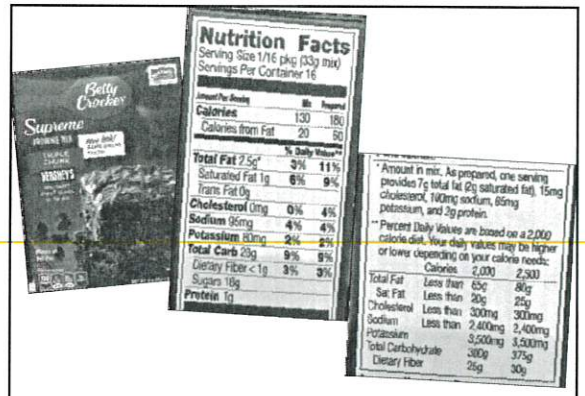
Label Deception:

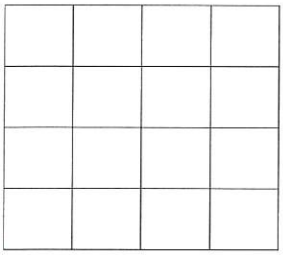
Can you do the math in your head?

Servings per Container: 4.5
Calories: 170 (x 4.5)
Total Fat: 11 grams (x 4.5)

"Strawberry" Poptarts





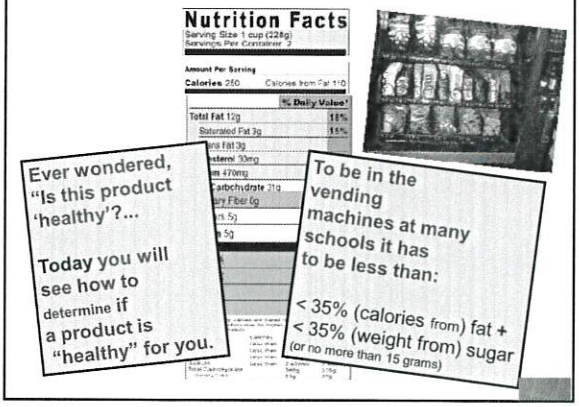


Video:

"Grocery Store Savvy"

<https://www.youtube.com/watch?v=-R7cCIg8iDQ>

IS THIS PRODUCT HEALTHY?[13]



Is your school a "Healthy School?"

- Hopefully your state has adopted a healthy policy, but even if they haven't you can fight to make your school healthy!! Here is the website to check:
- The National Association of State Boards of Education State School Health Policy Database
- <http://nasbe.org/healthy_schools/hs/bytopics.php?topicid=3115&catexpand=acdnbtm_catc>

In a minute, each person will choose a product and fill in a worksheet. Here is how to do the worksheet:

Hand out worksheet, but not food product yet. Can you figure it yourself?:

#1 Write the **name** of your product

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#2 Write the **Serving Size** of your product

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#2 Write the **Serving Size** of your product:

1 cup

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#3 Serving per container

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#3
Serving per container

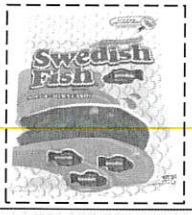
1

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#3
Calories **300**



#3
Total Fat **2**

Nutrition Facts
Serving Size: 7 pieces
Servings Per Container: 2
Calories 150

~~Total Fat 1g~~

~~Total Carbohydrate 38g~~

Sugars 31g

#3 Is it Realistic?

#3 Is it Deceptive?

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#4

Total Fat?

Saturated fat?

Trans fat?

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#4

Total Fat? **12**

Saturated fat? **3**

Trans fat? **3**

Egg Nog

Nutrition Facts
Serving Size 1 cup (228g)

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

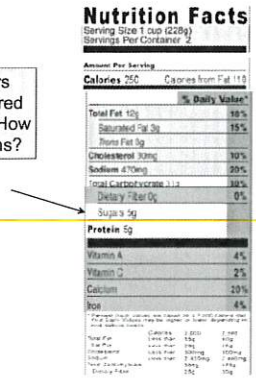
#4

Total Fat?

Saturated fat?

Trans fat? If it's not listed on label, you'll need to look at ingredients

#5: sugars are measured by weight. How many grams?



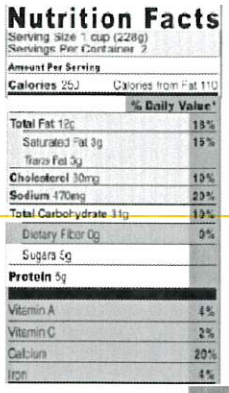
Egg Nog

Egg Nog

To be in our vending machine at school it has to be less than:

< 35% (calories from) fat
Fat Calories divided by total calories=_____
+
< 35% (weight from) sugar
(or no more than 15 grams)

Sugar Grams divided by total grams = _____



#6
Calories from Fat

divided by Total Calories
=
_____

Yes_____ or
No_____

Egg Nog

#6 Calories from Fat
110

divided by Total Calories
250
=
44%

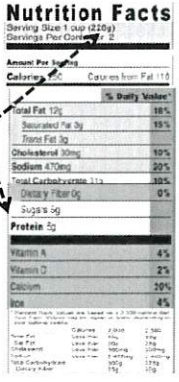
Yes_____ or
No__X__

Egg Nog

#7
Sugar Grams

divided by Total Grams
=
_____

Yes_____ or
No____

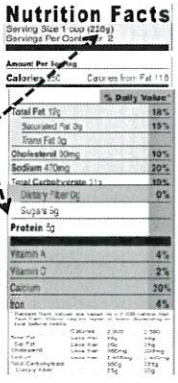


Egg Nog

#7
Sugar Grams
5

divided by Total Grams
228
=
2%

Yes__X___ or
No____



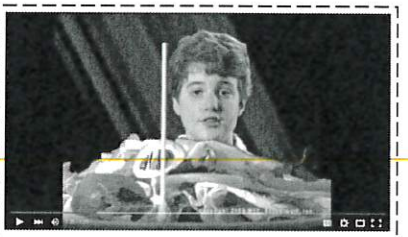
Egg Nog

IS THIS PRODUCT **HEALTHY** ENOUGH TO BE IN THE SCHOOL VENDING MACHINE:

YES _____ NO __X__

Has to be under 35 for both!!

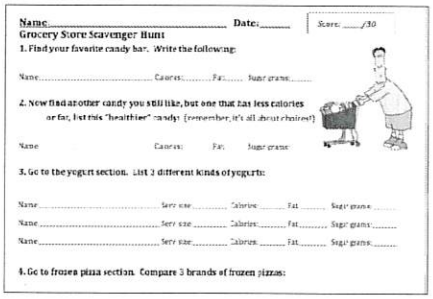
Video:



<https://www.youtube.com/watch?v=WV_tRB0zvUI>

Now choose a product and fill in the worksheet.

Grocery Store Scavenger Hunt Homework



Name:_____ Date:_____ Score: ____/30

Grocery Store Scavenger Hunt

1. Find your favorite candy bar. Write the following:

Name:_____ Calories:_____ Fat:_____ Sugar grams:_____

2. Now find another candy you still like, but one that has less calories or fat. List this "healthier" candy: (remember, it's all about choices!)

Name:_____ Calories:_____ Fat:_____ Sugar grams:_____

3. Go to the yogurt section. List 2 different kinds of yogurts:

Name:_____ Serv size:_____ Calories:_____ Fat:_____ Sugar grams:_____

Name:_____ Serv size:_____ Calories:_____ Fat:_____ Sugar grams:_____

Name:_____ Serv size:_____ Calories:_____ Fat:_____ Sugar grams:_____

4. Go to frozen pizza section. Compare 3 brands of frozen pizzas:

IS THIS PRODUCT HEALTHY?[13]

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
ans Fat 3g	
esterol 30mg	
m 470mg	
Carbohydrate 31g	
ary Fiber 0g	
ars 5g	
n 5g	

	Calories		
	Less than		
	Less than		
	Less than		
Sodium	Less than	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ever wondered, "Is this product 'healthy'?...

Today you will see how to determine if a product is "healthy" for you.

To be in the vending machines at many schools it has to be less than:

< 35% (calories from) fat +
< 35% (weight from) sugar
(or no more than 15 grams)