



Grains = Carbohydrates

- ▶ Provides energy
- ▶ Half Whole grains!
- ▶ Fiber aids in digestion
- ▶ 6-11 servings

GRAIN
Group
6 ounces



(Make half whole grains)



GRAIN
Group
for fiber
6 ounces
(Make half whole grains)



Bread
1 slice
(equivalent to 1 oz)



English muffin,
hamburger bun
½
(equivalent to 1 oz)



Ready-to-eat cereal
1 oz
(equivalent to 1 oz)



Pasta, rice, grits,
cooked cereal
½ cup
(equivalent to 1 oz)



Tortilla, roll,
muffin
1
(equivalent to 1

Vegetables = Carbohydrates

- ▶ Provides energy/**vitamins (A)**
- ▶ Prevent heart disease and cancer
- ▶ Fiber aids in digestion
- ▶ 3-5 servings Variety!



VEGETABLE Group for vitamin A 2½ cups



Juice 1 cup



Raw vegetable 1 cup



Raw leafy vegetable 2 cups (equivalent to 1 cup)



Cooked vegetable 1 cup



Potato 1 medium (equivalent to 1 cup)

Fruits = Carbohydrates

- ▶ Provides energy/**vitamins(C)**/minerals (P)
- ▶ Prevent heart disease and cancer
- ▶ Fiber aids in digestion
- ▶ Heals injuries, sickness
- ▶ 2-4 servings Colorful!



 <p>FRUIT Group for vitamin C 2 cups</p>	 <p>Juice 1 cup</p>	 <p>Raw, canned, or cooked fruit 1/2 cup</p>	 <p>Apple 1 small (equivalent to 1 cup)</p>	 <p>Grapefruit 1/2 (equivalent to 1/2 cup)</p>	 <p>Cantaloupe 1 cup</p>
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Dairy = Protein/Lipids

- ▶ Provides energy/**vitamins(D)/minerals (Ca)**
- ▶ **Strong bones and teeth**
- ▶ **Vitamin D boosts immune system**
- ▶ **2-3 servings**

MILK
Group
3 cups



MILK
Group
for calcium
3 cups



Milk
1 cup



Yogurt
1 cup



Cheese
1½ oz or ½ cup shredded
(equivalent to 1 cup)



Cottage cheese
½ cup
(equivalent to ¾ cup)



Frozen yogurt,
pudding
¾ cup

Meat = Protein/Lipids

- ▶ Provides energy/protein/iron
- ▶ Strong muscles/prevent anemia
- ▶ Go lean!! Limit saturated fat
- ▶ 3-5 servings

MEAT Group
5 1/2 ounces



MEAT Group
for iron
5 1/2 ounces



Cooked lean meat
3 oz



Cooked lean poultry, fish
3 oz



Egg
1
(equivalent to 1 oz)



Peanut butter
2 tbsp
(equivalent to 2 oz)



Cooked dried peas, dried beans
1/2 cup
(equivalent to 2 oz)

Other = Sugar/Lipids

- ▶ Energy
- ▶ Get **unsaturated** fats from fish, nuts, avacados, liquid oils
- ▶ Eat in moderation! Don't let it take the place of nutrient-rich foods
- ▶ Limit sugar -increases risk of diabetes
- ▶ Limit saturated fats- increases risk of heart disease

OILS

Oils are not in a food group but you need some for good health. Get your oils from fish, nuts, avocados, and liquid oils such as canola, olive, corn or soybean oil.



EXTRA FOODS

Some foods don't have enough nutrients to fit in any of the Five Food Groups. These foods are okay to eat in moderation. They should not replace foods from the Five Food Groups.

