The Five Food Groups and Nutrition Facts

Eat Well & Keep Moving

The Five Basic Food Groups

• Vegetables
• Fruits
• Grains
• Protein
• Dairy
Choose Colorful Fruits and Vegetables Instead of Junk Food

• Fruits and vegetables provide vitamins, minerals, and carbohydrate.
• Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).
• Getting 5 or more servings each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.
Fruits

• Good source of vitamins A and C and potassium
• Whole and sliced fruits have more fiber than juice and are better choices.
• One serving = 1 medium apple, banana, or orange; 1/2 cup chopped or cooked fruit; 1/4 cup of dried fruit, like raisins
• Limit fruit juice to no more than 4-6 ounces per day.
Vegetables

• Good source of vitamins A and C, folate, iron, and magnesium
• High in fiber
• Choose a rainbow of colors, especially dark green and deep orange.
• One serving = 1/2 cup cooked vegetables, 1 cup of leafy salad greens
Grains: Get Whole Grains and Sack the Sugar!

- Grains contain carbohydrate, fiber, and some vitamins and minerals.
- Whole grains are the healthiest choices.
- Choose foods that list a whole grain as the first ingredient and watch out for added sugar in the ingredients list.
- Examples of whole-grain foods include 100% whole-wheat bread and pasta, steel-cut oatmeal, whole-grain crackers and breakfast cereals, barley, brown rice, and quinoa.
Protein

• Contain protein, B vitamins, and minerals responsible for functions like building and repairing muscles and tissue.

• Choose healthy sources of protein, including nuts, seeds, beans, and peas, as well as fish, poultry, and vegetarian alternatives.
Dairy

- Dairy foods are needed in lower proportions than foods from the other groups
- Good source of calcium; also contains protein, riboflavin, and vitamins A and D
- Promotes strong bones and healthy teeth
- Choose unflavored milk, plain yogurt, or unsweetened dairy foods
- Those who cannot consume dairy can choose lactose-free milk or calcium-fortified nondairy alternatives such as unflavored and unsweetened rice milk or soy milk
Combination and Processed Foods

• Combination foods contain foods from more than one food group.

• Processed foods are prepared and packaged by manufacturers.
A Balanced Diet

• No single food supplies all needed nutrients.
• Choose a variety of foods from each group.
• Follow these guidelines to make the best choices:
  – Choose colorful fruits and vegetables instead of junk food.
  – Choose whole-grain foods and limit foods with added sugar.
  – Make the switch from sugary drinks to water.
  – Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
Energy Requirements

• Adults
  – Women need 1,800 to 2,000 calories per day.
  – Men need 2,200 to 2,400 calories per day.
  – Adults need more if they are very active.

• Children
  – Girls aged 9 to 13 need 1,600 calories per day.
  – Boys aged 9 to 13 need 1,800 calories per day.
  – Children may need 400 calories more each day if they are moderately active.
  – Very active boys and girls may need even more.
Reading Food Labels

**Nutrition Facts**

- **Serving Size**: (1/8 cup (31g) about 8 pieces)
- **Serving Size**: (240g about 8 pieces)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Serving Size</th>
<th>Servings Per Container</th>
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</thead>
<tbody>
<tr>
<td>Calories 160</td>
<td></td>
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</tr>
<tr>
<td>Calories from Fat 80</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 9g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potassium 90mg</td>
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<td></td>
</tr>
<tr>
<td>Sodium 160mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 18g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
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</tbody>
</table>

**Trans Fat per serving**

Choose foods that have 0g of trans fat, and make sure to check for partially hydrogenated oil in the ingredients list.

**Saturated fat per serving**

% DV of saturated fat:
- Foods with a DV for saturated fat of 5 or less are low in saturated fat.
- Foods with a DV for saturated fat of 20% or more are high in saturated fat.
- The daily goal is to choose foods that together contain less than 100% of the DV for saturated fat.

**Vitamin A 0% • Vitamin C 0%**

**Calcium 0% • Iron 0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Calories per gram:**
- Fat 9 • Carbohydrate 4 • Protein 4

**Calories per serving:**
- Total Fat: Less than 65g
- Sat Fat: Less than 20g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg

**Calories per container:**
- Total Carbohydrate: 30g
- Dietary Fiber: 25g

**Total Fat:**
- Less than 65g
- 80g

**Saturated Fat:**
- Less than 20g
- 25g

**Cholesterol:**
- Less than 300mg
- 300mg

**Sodium:**
- Less than 2,400mg
- 2,400mg

**Total Carbohydrate:**
- 30g
- 375g

**Dietary Fiber:**
- 25g
- 30g
Understanding % Daily Value

• The % Daily Value (% DV) tells you whether a food is low or high in a nutrient.

• Consider saturated fat:
  – Food with % DV ≤ 5 is low in saturated fat.
  – Food with % DV ≥ 20 is high in saturated fat.

• Follow the daily goal for saturated fat:
  – Choose foods that together have <100% of the DV for saturated fat.
  – It is easier to eat a healthy diet by choosing foods that have ≤ 5% of the DV for saturated fat.
% Daily Value for Other Nutrients

• % DV for vitamins, iron, calcium
  – Food with % DV ≤ 5 is low in a nutrient.
  – Food with % DV ≥ 20 is high in a nutrient.

• Daily goal for vitamins, iron, calcium
  – Choose foods that together reach 100% of the DV for these beneficial nutrients.
  – It is easier to reach 100% DV by choosing foods that are high in these nutrients.
Trans Fat on the Food Label

• No % DV is listed for trans fat, because it is unclear if there is any safe level.
• It is best to avoid trans fat.
  – Look for “0 grams trans fat” on food label.
    And
  – Check ingredients list for partially hydrogenated oil.
  – Switch to products that do not contain trans fat or partially hydrogenated oil.
Calculating % Daily Value for Saturated Fat

• Divide the number of grams of saturated fat per serving by 22 and multiply by 100.

• Here is an example:
  – 1 cup of whole milk has 5 grams of saturated fat.
  – \((5 \div 22) \times 100 = 23\%\) DV for saturated fat.
### Adding Up the Saturated Fat

<table>
<thead>
<tr>
<th>Snack foods</th>
<th>% DV saturated fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat milk</td>
<td>0%</td>
</tr>
<tr>
<td>Apple slices</td>
<td>0%</td>
</tr>
<tr>
<td>Water</td>
<td>0%</td>
</tr>
<tr>
<td>Chocolate chip cookie (1)</td>
<td>16%</td>
</tr>
<tr>
<td>Small fast-food cheeseburger</td>
<td>32%</td>
</tr>
<tr>
<td>Vanilla milkshake (12 oz.)</td>
<td>45%</td>
</tr>
<tr>
<td>Spinach</td>
<td>0%</td>
</tr>
<tr>
<td>Roasted cashews (1/4 cup)</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>104%</strong></td>
</tr>
</tbody>
</table>
Tour de Health
Questions?