

session

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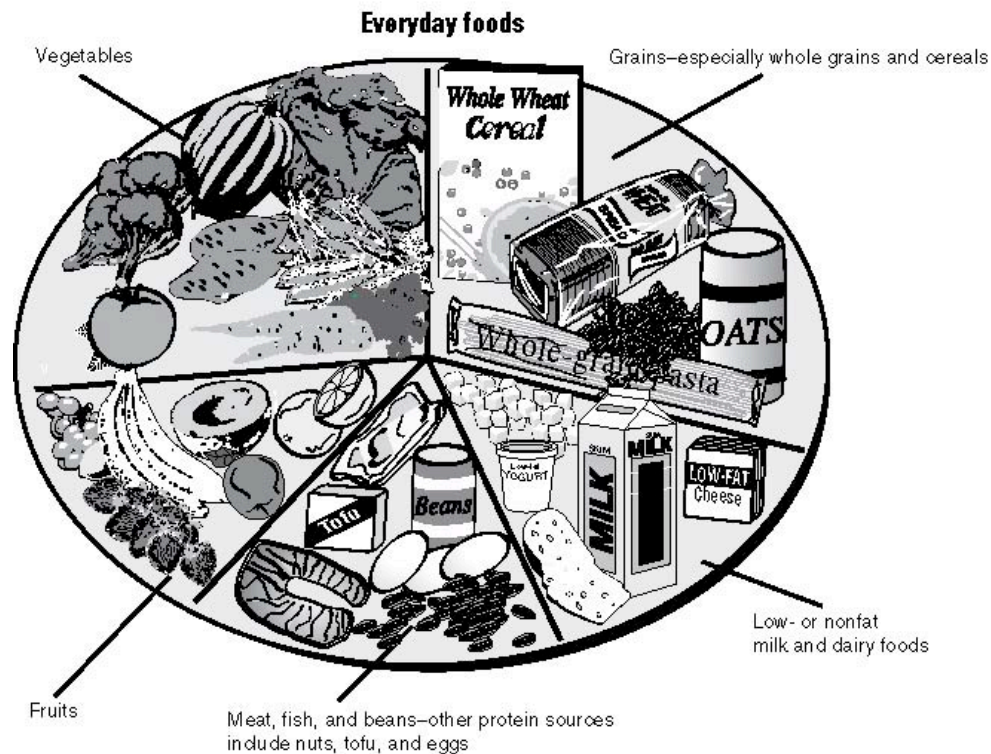
The Five Food Groups and Nutrition Facts

The Five Food Groups

- **Grains**
- **Vegetables**
- **Fruits**
- **Meat, fish, and beans**
- **Milk**

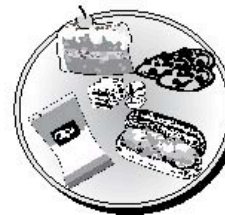
The Balanced Plate for Health

A Balanced Plate for Health



The key to a balanced diet is to recognize that grains (especially whole grains), vegetables, and fruits are needed in greater proportion than are the foods from the meat, fish, and beans and milk groups.

"Sometimes" foods



Grains: Make at Least Half of Your Grains Whole Grains

- **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 that are rich in fiber.**
- **Examples of whole-grain foods include whole wheat bread, oatmeal, whole-grain crackers and breakfast cereals, whole wheat pasta, barley, brown rice, and plain popcorn.**

Go for 5 Fruits and Veggies— More Is Better!

- **Fruits and vegetables provide vitamins, minerals, and carbohydrate.**
- **Eat 5 or more servings of fruits and vegetables every day.**
- **More is better! Choose fruits and vegetables in a rainbow of colors.**

Vegetables

- **Good source of vitamins A and C, folate, iron, and magnesium**
- **Low in saturated and trans fat, 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, small glass of 100% vegetable juice**

Fruits

- **Good source of vitamins A and C and potassium**
- **Low in saturated and trans fat and high in fiber**
- **Whole and sliced fruits have more fiber than juice and are better choices**
- **One serving = 1/2 cup chopped, cooked, or canned fruit; 1 medium apple, banana, or orange; a *small* glass of 100% juice**

Meat, Fish, and Beans

- **Contain protein, B vitamins, and minerals**
- **Choose dry beans and peas, fish, poultry, nuts, and high-protein vegetarian alternatives more often than meat.**
- **When eating meat, choose lean cuts.**
- **Removing skin from poultry reduces saturated fat.**

Milk

- **Good source of calcium; also contains protein, riboflavin, and vitamins A and D**
- **Promotes strong bones and healthy teeth**
- **Choose plain low-fat (1%) or nonfat milk, yogurt, and other dairy foods.**
- **Calcium-fortified soy milk and rice milk are alternatives for people who do not drink 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 foods from all the groups each day.**
- **Follow these guidelines to make the best choices:**
 - Eat 5 or more fruits and vegetables each day.
 - Choose whole-grain foods and limit foods and beverages with added sugar.
 - Choose healthy fat, limit saturated fat, and avoid 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 cup (228g)	
Servings Per Container	2	
Amount Per Serving		
Calories	250	Calories from Fat 120
% Daily Value*		
Total Fat	19g	20%
Saturated Fat	3g	15%
Trans Fat	3g	
Cholesterol	91mg	10%
Sodium	470mg	20%
Total Carbohydrate	91g	10%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	
Vitamin A	4%	Vitamin C 2%
Calcium	15%	Iron 4%
*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	2,000 2,500
Total Fat	Less than	65g 80g
Sat. Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Serving size

Servings per container

Saturated fat per serving

Trans fat per serving:
Choose foods that have
0g of transfat

% 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.

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 $\leq 5\%$ 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

Snack foods	% DV saturated fat
Skim milk	0%
Fruit salad	0%
Macaroni and cheese (2 servings)	36%
Chocolate-frosted doughnut (1)	27%
Small fast-food cheeseburger	28%
Orange juice	0%
Spinach	0%
Peanut and cashew mix (1/4 cup)	9%
Total	100%

Tour de Health

Questions?