

Nutrition 101

The Food Pyramid



So...What's all this food group stuff?

The food pyramid is comprised of five food groups:

Grains

Vegetables

Fruits

Milk

Meat & Beans

How many servings of these food groups do I need each day?

- Grains: Girls- 6 ounces Boys- 7 ounces
- Vegetables: Girls- 2.5 cups Boys- 3 cups
- Fruits: Girls- 1 ½ cups Boys- 2 cups
- Milk: Girls and Boys- 3 cups
- Meat & Beans: Girls- 5 ounces
Boys- 6 ounces

Grains!!!

- Aim for at least 3 whole grains a day
 - Boys should get (3.5 one ounce servings per day)

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include:

**whole-wheat flour
bulgur (cracked wheat)
oatmeal
whole cornmeal
brown rice**

More whole grains:

Ready-to-eat breakfast cereals:
whole wheat cereal flakes
muesli

whole grain barley
whole grain cornmeal
whole rye
whole wheat bread
whole wheat crackers
whole wheat pasta
whole wheat sandwich buns and rolls
whole wheat tortillas
wild rice

Refined grains

- **Cornbread**
- **Couscous**
- **Crackers**
- **Flour tortillas**
- **Grits**
- **Noodles**
- ***Pasta***
 - spaghetti**
 - macaroni**
- **Pitas**
- **Pretzels**
- ***Ready-to-eat breakfast cereals***
 - corn flakes**
- **white bread**
- **white sandwich buns and rolls**
- **white rice**

Vegetables

Vary your veggies!!!

Dark Green Vegetables = 3 cups weekly

Orange Vegetables = 2 cups weekly

Dry Beans & Peas = 3 cups weekly

Starchy Vegetables = Girls -3 cups weekly

Boys- 6 cups weekly

Other Vegetables = Girls -6 ½ cups weekly

Boys- 7 cups weekly

Sample Veggies:

Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce
kale
mesclun
mustard greens
romaine lettuce
spinach
turnip greens
watercress

Orange vegetables

acorn squash
butternut squash
carrots
Hubbard squash
pumpkin
sweet potatoes

Dry beans and peas

black beans
black-eyed peas
garbanzo beans
(chickpeas)
kidney beans
lentils
lima beans (mature)
navy beans
pinto beans
soy beans
split peas
tofu (bean curd
made from
soybeans)
white beans

Starchy vegetables

corn
green peas
lima beans (green)
potatoes

Other vegetables

artichokes
asparagus
bean sprouts
beets
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
eggplant
green beans
green or red peppers
iceberg (head)
lettuce
mushrooms
okra
onions
parsnips
tomatoes
tomato juice
vegetable juice
turnips
wax beans
zucchini

Fruits

- Eat a variety of fruits
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices

An apple a day...

- Apples
Apricots
Avocado
Bananas

Berries:
strawberries
blueberries
raspberries
cherries

Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangoes
- *Melons:*
cantaloupe
honeydew
watermelon

Mixed fruits:
fruit cocktail

Nectarines
Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines
- *100% Fruit juice:*
orange
apple
grape
grapefruit

Milk

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources

Milk Products

Milk*

All fluid milk:
fat-free (skim)
low fat (1%)
reduced fat (2%)
whole milk

flavored milks:
chocolate
strawberry

lactose reduced
milks
lactose free milks

Milk-based desserts*

Puddings
made with
milk
ice milk
frozen
yogurt
ice cream

Cheese*

Hard natural cheeses:
cheddar
mozzarella
Swiss
parmesan
soft cheeses
ricotta
cottage cheese
processed cheeses
American

Yogurt*

All yogurt
Fat-free
low fat
reduced fat
whole milk yogurt

Meat and Beans

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices---with more fish, beans, peas, nuts, and seeds

Meat groups

- **Meats***
Lean cuts of:
beef
ham
lamb
pork
veal
- *Lean ground meats:*
beef
pork
lamb
- *Lean luncheon meats*
Organ meats:
liver
giblets
- ***Game meats:***
bison
rabbit
venison

More meats

- **Poultry***

chicken

duck

goose

turkey

ground chicken and turkey

- **Eggs***

chicken eggs

duck eggs

Nuts & seeds*

almonds

cashews

hazelnuts (filberts)

mixed nuts

peanuts

peanut butter

pecans

pistachios

pumpkin seeds

sesame seeds

sunflower seeds

walnuts

More meats...again

- **Fish***

Finfish such as:

catfish
cod
flounder
haddock
halibut
herring
mackerel
pollock
porgy
salmon
sea bass
snapper
swordfish
trout
tuna

Shellfish such as:

clams
crab
crayfish
lobster
mussels
octopus
oysters
scallops
squid (calamari)
shrimp

***Canned fish
such as:***

anchovies
clams
tuna
sardines

...and lastly

- **Dry beans and peas:**
 - black beans
 - black-eyed peas
 - chickpeas (garbanzo beans)
 - falafel
 - kidney beans
 - lentils
 - lima beans (mature)
 - navy beans
 - pinto beans
 - soy beans
 - split peas
 - tofu (bean curd made from soy beans)
 - white beans

Bean burgers:

garden burgers
veggie burgers

tempeh
texturized
vegetable
protein (TVP)

Powerpoint derived from:

www.mypyramid.gov