

GUIDE TO GOOD EATING



























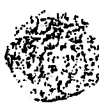



Anyone can eat for good health.
Just follow these 2 simple steps:

1. *Eat foods from all Five Food Groups every day.*
Each food group provides you with different nutrients.

2. *Eat different foods from each food group every day.*
Some foods in a food group are better sources of a nutrient than others. By eating several foods from each food group, you increase your chance of getting all the nutrients you need.

Every day eat:

Suggested Serving Sizes

 <p>MILK <i>Group for calcium</i></p> <p>2-4 servings</p>	 Milk 1 cup  Yogurt 1 cup  Cheese 1½ - 2 oz  Cottage cheese ½ cup  Ice cream, ice milk, frozen yogurt ½ cup
 <p>MEAT <i>Group for iron</i></p> <p>2-3 servings</p>	 Cooked, lean meat 2-3 oz  Cooked, lean poultry, fish 2-3 oz  Egg 1  Peanut butter 2 tbsp  Cooked, dried peas, dried beans ½ cup
 <p>VEGETABLE <i>Group for vitamin A</i></p> <p>3-5 servings</p>	 Juice ¼ cup  Raw vegetable ½ cup  Raw leafy vegetable 1 cup  Cooked vegetable ½ cup  Potato 1 medium
 <p>FRUIT <i>Group for vitamin C</i></p> <p>2-4 servings</p>	 Juice ¼ cup  Raw, canned, or cooked fruit ½ cup  Apple, banana, orange, pear 1 medium  Grapefruit ½  Cantaloupe ¼
 <p>GRAIN <i>Group for fiber</i></p> <p>6-11 servings</p>	 Bread 1 slice  English muffin, hamburger bun ½  Ready-to-eat cereal 1 oz  Pasta, rice, grits, cooked cereal ½ cup  Tortilla, roll, muffin 1

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

"OTHERS" Category

Fats and oils, sweets, salty snacks, alcohol, other beverages, and condiments

