



Nutrition: The Food Groups

Fruits:

How much is a serving of fruit?

1 Cup of Fruit or Juice 1/2 Cup of Dried Fruit.

What counts as a fruit?

100% Fruit Juice

Fruit- fresh, canned, frozen, or dried, and may be whole, cut—up, or pureed.

How many servings do I need a day?

3—4 Servings a day.

Grains:

How much is a serving of grains?

1 Slice of Bread, 1 Cup of Ready to eat Cereal, 1/2 cup of cooked rice, pasta or cereal.

What counts as a grain?

Food made from wheat, rice, oats, cornmeal, barley or another cereal grain. At least half of grains consumed should be whole grain.

How many servings do I need a day?

3—4 Servings a day.

Vegetables:

How much is a serving of vegetables?

1 Cup of Vegetables or Juice 2 Cups of raw leafy greens.

What counts as a vegetable?

100% Vegetable Juice

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated and may be whole, cut—up, or mashed

How many servings do I need a day?

3—4 Servings a day.

Protein:

How much is a serving of protein?

1 ounce of meat, poultry or fish, 1/2 cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or seeds .

What counts as a Protein?

meat, poultry, seafood, beans and peas, eggs processed soy products, nuts, and seeds.

How many servings do I need a day?

2-3 servings a day.

Dairy:

How much is a serving of dairy?

1 Cup of milk, yogurt, soy milk, 1 1/2 oz. natural Cheese

What counts as Dairy?

fluid milk, yogurt, cheese.

How many servings do I need a day?

3-4 Servings a day.



Activity to do with your child:

Take a handful of Cheerios and put how many servings per day in each divided section.

Talk to them about the different kinds of fruit and vegetables.

A couple other ideas; cut art pictures from a magazine of food that belongs in the different food groups put on plate in appropriate servings-or use stickers /play food.

