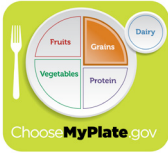
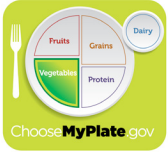
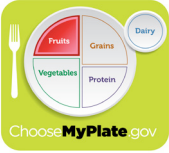
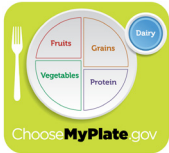
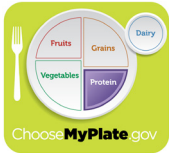


Food & Nutrient Needs at a Glance

Your body depends on the food you eat for activity and health. The foods you choose are digested into over 40 different nutrients. Nutrients have different functions in your body, and they work together in partnerships for your good health. No one food provides all the nutrients. Foods are grouped together because they provide similar nutrients. Everyone needs the same nutrients, just in different amounts. That is why it is important to choose and eat a variety of foods from each food group in the amounts right for you.

Below are the food groups, examples of foods in each group, how much you need to eat, the main nutrients in the food group, and how the nutrients work to help you stay healthy and fit.

Food Group	Examples	Recommended Daily Amounts	What Counts as an Ounce or Cup	Nutrients in the Food Group	Helping You Stay Healthy & Fit
Grain Group  <p>Read the ingredient label and look for the words “whole grain.” At least half your grains should be whole grain.</p>	Breads, ready to eat and hot cereals, rice (white, brown, converted, minute, wild), corn meal, pitas, barley, pasta, popcorn tortillas, couscous	9 to 13 years old: 5 to 6 ounces 14 to 18 years old: 6 to 8 ounces	1 ounce equals: • 1 slice bread • 1 cup ready-to-eat cereal • ½ cup cooked cereal, rice or pasta	• Carbohydrates • Fiber (whole grains)	• Good source of energy • Helps with healthful weight maintenance. Prevents constipation.
Vegetable Group  <p>“Eat more dark green and orange vegetables, and beans and legumes.”</p>	dark green (spinach, broccoli, kale, romaine lettuce) orange (carrots, pumpkin, sweet potatoes, acorn squash) Beans & legumes (black eye peas, black beans, soy beans)	9 to 13 years old: 2 to 2 ½ cups 14 to 18 years old: 2 ½ to 3 cups	1 cup equals: • 2 cups of raw leafy greens • 1 cup cooked or raw veggies • 1 cup 100% vegetable juice	• Vitamin A • Vitamin C • Fiber	• Helps you see in the dark. Keeps skin smooth & healthy. • Helps wounds & broken bones heal. Helps protect against infections. • Helps with healthful weight maintenance. Prevents constipation.

Food Group	Examples	Recommended Daily Amounts	What Counts as an Ounce or Cup	Nutrients in the Food Group	Helping You Stay Healthy & Fit
Fruit Group  “Focus on fruits for snacks and desserts.”	Peaches, strawberries, watermelon, cantaloupe, pears, pineapple, bananas	9 to 13 years old: 1 ½ to 2 cups 14 to 18 years old: 1 ½ to 2 cups	1 cup equals <ul style="list-style-type: none"> • 1 medium size fresh fruit • 1 cup chopped cooked or canned fruit • 1 cup 100% juice • ½ cup dried fruit 	<ul style="list-style-type: none"> • Vitamin A • Vitamin C • Fiber 	<ul style="list-style-type: none"> • Helps you see in the dark. Keeps skin smooth & healthy. • Helps wounds & broken bones heal. Helps protect against infections. • Helps with healthful weight maintenance. Prevents constipation.
Dairy Group  “Get plenty of low-fat, calcium-rich foods.”	Milk, cheese yogurt	9 to 13 years old: 3 cups 14 to 18 years old: 3 cups	1 cup equals: <ul style="list-style-type: none"> • 1 cup milk • 1 cup yogurt • 1 ½ ounces 100% cheese • 2 ounces processed cheese 	<ul style="list-style-type: none"> • Calcium • Protein • Vitamin D 	<ul style="list-style-type: none"> • Builds bones in length & strength. Essential for muscle function. • Builds, repairs and maintains body tissues, including muscles and bones. • Helps your body absorb calcium.
Protein Foods Group  “Choose lean proteins – look for foods that are baked, broiled or grilled.”	Beef, chicken, pork, fish, nuts, seeds, beans, tofu	9 to 13 years old: 5 ounces 14 to 18 years old: 5 to 6 ½ ounces	1 ounce equals: <ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry or fish • ¼ cup cooked dry beans or tofu • 1 egg • 1 tablespoon peanut butter • ½ ounce nuts or seeds 	<ul style="list-style-type: none"> • Protein • Iron 	<ul style="list-style-type: none"> • Builds, repairs and maintains body tissues, including muscles and bones. • Helps blood carry oxygen to body cells. Helps prevent fatigue.

