

The “My Plate” diagram is divided into 5 food groups: Grains, Vegetables, Fruit, Dairy, and Proteins.

**Know several examples of foods from each of the food groups.**

**Some examples are listed below:**

**Grains** - Bread, Rice, Pasta Noodles, Bagel, Tortilla, Cereal, Pancakes/Waffle, Crackers, Granola, Popcorn, Biscuits, Oatmeal

**Vegetables** - Broccoli, Lettuce, Peppers, Cucumbers, Carrot, Spinach, Celery, Green Beans, Onions, Peas, Potato, Sweet Corn

**Fruits** - Strawberry, Raspberry, Kiwi, Banana, Grapes, Oranges, Pear, Watermelon, Mango, Apple

**Dairy** - Cheese, Milk, Yogurt, Cottage Cheese, Cream Cheese

**Protein** - Chicken, Eggs, Almonds, Peanut/Peanut Butter, Turkey, Bacon, Ham, Beef, Pork, Sausage, Soy Beans, Lobster, Salmon

**It is recommended that each person exercise at least 60 minutes a day to help maintain a healthy fitness level.**

**Proteins help to maintain and restore muscle development in the body. While muscles help to burn calories.**

1. Foods consisting of meats or dry beans are generally high in protein.
2. Proteins come from foods that originate from animals such as milk, meat, cheese, and eggs.
3. Tofu is also a common source of protein for people who prefer a vegetarian diet.

**Carbohydrates are the body’s primary source of energy.**

1. There are three types of carbohydrates, which range from simple sugars to starches.
  - a. Simple sugars include vegetables, honey, molasses, fruit, and syrup.
  - b. Starches include vegetables, fruits, and grains.

**Sugars provide the body with a quick supply of calories, which supply the body with energy, but oftentimes have little nutritional value and contribute to weight gain.**

1. Candy, Soda Beverages, etc.

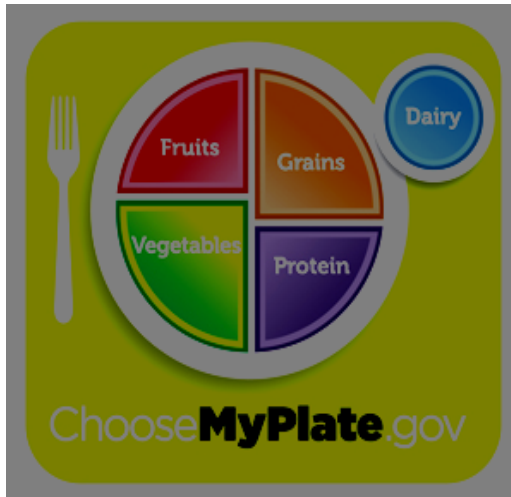
**Fiber helps to maintain and/or lower cholesterol levels by assisting in moving unwanted waste products through the intestinal tract more quickly.**

1. Cereals, fruits and vegetable provide us with dietary fiber.
2. Fibers are also tend to be low in sugar and saturated fats allowing them to help keep blood sugar levels low and reduce the risk of colon cancer commonly associated with low fiber diets. (Nice to know—Not on Quiz)

**Fat is a stored form of energy for the body. Fats in food also provides it with flavor. They also help to carry vitamins A, D, E, and K through the body while providing insulation to help the body retain heat.**

1. Fats can be found in animal sources and oils.
2. It is recommended that 25-30% of our calories come from fat. (Nice to know—Not on Quiz)

Know which food groups we should eat the most/least according to the “My Plate” diagram.



Grains – 6-8 Servings  
 Vegetables – 4-5 Servings  
 Fruits – 3-4 Servings  
 Dairy – 2-3 Servings  
 Protein – 6 oz.

Know how to find the following Nutrition Facts on a nutritional value label.

1. Number of servings in the package/container
2. Serving Size
3. Calories per serving
4. Total grams of fat per serving

Item: Nacho Cheese Doritos.

<b>Nutrition Facts</b>	
About 15 servings per container	
<b>Serving size</b>	About 12 chips (28g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.3mg	0%
Potassium 50mg	0%
Not a significant source of added sugars.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

If you were to consume more than 1 serving, how would you determine the number of calories and/or grams of fat that you did consume?

Multiply the number of serving consumed, by the number of calories or grams of fat per serving.

Example 1: If 2 packages were eaten I would multiply the 2 servings by 150 calories to get a total of 300 calories.

Example 2: If 2 packages were eaten I would multiply the 2 servings by 8 grams of fat to get a total of 16 grams of fat.