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SP468 Food Works - Food Labels Help You Choose a Healthy Diet

The University of Tennessee Agricultural Extension Service

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FOOD WORKS

Key Messages

1. No single food has everything you need to grow and be healthy.
2. A healthy diet has the right amount of food from each food group.
3. Eat a rainbow of colors each day.

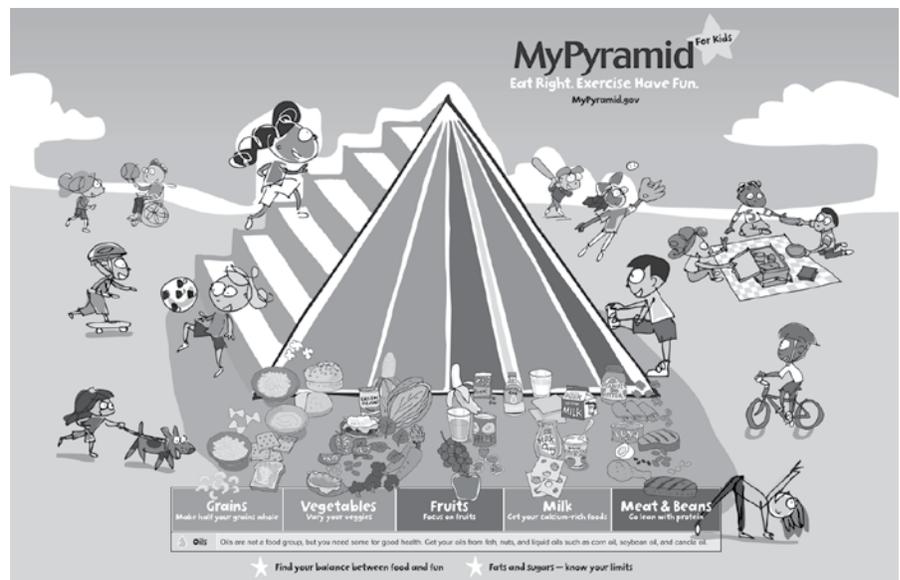


Prepared by
Betty Greer, Professor
Revised from original created by
Betty Greer, Professor; Shirlene
Booker, Extension Agent; Judy
Groce, Extension Agent; Dorothy
Simmons, Assistant Extension
Agent

Healthy Food Choices

All of our food comes from either plants or animals. What plant foods do you eat? What animal foods do you eat? (Think of a lot of different ones.)

The Web site www.mypyramid.gov helps you choose a healthy eating plan that is just right for you.



How Much Do You Need to Eat?

How much you need to eat depends on your age, gender and how physically active you are. The chart below is for a moderately active 9-year-old male and female. *Moderately active = 30 to 60 minutes of physical activity daily.*

	<u>9-year-old male</u> <u>1800 calories</u>	<u>9-year-old female</u> <u>1600 calories</u>
Grains	6 oz-eq*	5 oz-eq
Vegetables	2.5 cups	2 cups
Fruit	1.5 cups	1.5 cups
Milk	3 cups	3 cups
Meat & Beans	5 oz-eq*	5 oz-eq

*oz-eq (ounce-equivalent) is the amount of food that is equivalent to a one-ounce serving from the Meat and Beans Group. For example, one egg is equivalent to a one-ounce serving from the Meat and Beans Group.

Your calorie level may vary depending on how physically active you are. You can go to www.mypyramid.gov on the Internet to estimate your specific calorie needs. One way to tell whether you are eating the right number of calories is that your weight will be right for your height. A nurse, teacher or a physical exam at your doctor's office can tell you if you are gaining too much weight.



Grains

The grain group includes all foods made from wheat, rice, oats, cornmeal and barley. This includes bread, pasta, oatmeal, breakfast cereals, tortillas and grits. The food label will tell you, in ounces, how much a serving weighs. In general, one slice of bread; one-half cup of cooked rice, pasta or cooked cereal; or one cup of ready-to-eat breakfast cereal is considered equivalent to one ounce (oz-eq).



Vegetables

The vegetable group includes all fresh, frozen, canned and dried vegetables as well as vegetable juices. In general, one cup of raw or cooked vegetables or vegetable juice or two cups of leafy greens can be considered a one-cup serving from the vegetable group.



Fruit

The fruit group includes all fresh, frozen, canned and dried fruits as well as fruit juices. In general, one cup of fruit or fruit juice made with 100 percent fruit or ½ cup of dried fruit equals a one-cup serving from the fruit group.



Milk

The milk group includes all fluid milk as well as foods made from milk that are high in calcium, such as yogurt and cheese. Foods made from milk that contain little or no calcium, such as cream cheese, cream and butter, are not part of the group. Most of your milk group choices should be either fat-free or low in fat. In general, one cup of milk or yogurt, one-and-a-half ounces of natural cheese or two ounces of processed cheese can be considered equal to one cup from the milk group.



Meat and Beans

In general, one ounce of lean meat, poultry or fish; one egg; one tablespoon of peanut butter; one-fourth cup of cooked dry beans; or one-half ounce of nuts or seeds can be considered as equivalent (oz-eq) to one ounce from the meat and beans group.



Oils

Oils are fat and come from many different plants and fish. Oils are also liquid at room temperature. Good choices are canola, corn, olive, soybean and sunflower oil. Some foods, such as olives, some fish and avocados, are naturally high in oils. Foods that are mainly oil include mayonnaise, certain salad dressings and soft margarine.

Your **Discretionary Calorie Allowance** is the total number of calories left over after you have eaten the right amounts and kinds of nutritious food from all the different food groups in a day. In other words, discretionary calories are those that can be used to consume more foods from the basic food groups or "fun foods" on an occasional basis.

What will you choose to eat for breakfast, lunch, dinner and snacks? Plan your food for one day and compare your choices to the recommendations for healthy eating. Don't forget to include a rainbow of colors.

Breakfast

Food	Amount	Food Group

Lunch

Food	Amount	Food Group

Dinner

Food	Amount	Food Group

Snacks

Food	Amount	Food Group

Add it all up. How close were you to eating the recommended amounts of all the food groups for your calorie level?

Eat a Rainbow of Colors

For good health eat colorful fruits and vegetables each day: red, green, blue/purple, yellow/orange and white. Eat at least one food from each of the color groups every day.

Look on this page for a list of foods in each of the color groups. This list of foods is not complete. You may find others in the grocery store. You can add them to the list.

Color Groups

Check the fruits and vegetables below you have tasted. Circle the ones you are willing to taste.

RED

Fruits

- Red apples
- Blood oranges
- Cherries
- Cranberries
- Red grapes
- Pink/red grapefruit
- Red pears
- Pomegranates
- Raspberries
- Strawberries
- Watermelon

Vegetables

- Beets
- Red peppers
- Radishes
- Radicchio
- Red onions
- Red potatoes
- Rhubarb
- Tomatoes

GREEN

Fruits

- Avocados
- Green apples
- Green grapes
- Honeydew melon
- Kiwifruit
- Limes
- Green pears

Vegetables

- Artichokes
- Arugula
- Asparagus
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Chinese cabbage
- Green beans
- Green cabbage
- Celery
- Chayote squash

- Cucumbers
- Endive
- Leafy greens
- Leeks
- Lettuce
- Green onions
- Okra
- Peas
- Green pepper
- Snow peas
- Spinach
- Sugar snap peas
- Watercress
- Zucchini

BLUE/PURPLE

Fruits

- Blackberries
- Blueberries
- Black currants
- Elderberries
- Purple figs
- Purple grapes
- Plums, fresh and dried
- Raisins

Vegetables

- Purple asparagus
- Purple cabbage
- Purple carrots
- Eggplant
- Purple Belgian endive
- Purple peppers
- Potatoes (purple fleshed)
- Black salsify

YELLOW/ORANGE

Fruits

- Yellow apples
- Apricots
- Cape gooseberries
- Cantaloupe
- Yellow figs
- Grapefruit
- Golden kiwifruit
- Lemons

- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Yellow pears
- Persimmons
- Pineapples
- Tangerines
- Yellow watermelon

Vegetables

- Yellow beets
- Butternut squash
- Carrots
- Yellow peppers
- Pumpkin
- Rutabagas
- Yellow summer squash
- Sweet corn
- Sweet potatoes
- Yellow tomatoes
- Yellow winter squash

WHITE

Fruits

- Bananas
- Dates
- White nectarines
- White peaches
- Brown pears

Vegetables

- Cauliflower
- Garlic
- Ginger
- Jerusalem artichokes
- Jicama
- Kohlrabi
- Mushrooms
- Onions
- Parsnips
- Potatoes (white fleshed)
- Shallots
- Turnips
- White corn

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