

PART 1:

EAT A WIDE VARIETY OF FOODS

Variety means different kinds. Each group supplies important nutrients not found in large amounts in other food groups. Eating a wide variety of foods also means you select different foods from within each group.

Children tend to get into favorite food ruts. If your child doesn't eat a variety of foods, he/she may miss out on nutrients needed for growth, energy and health.

The nutrients your child (and you) need are in the five food groups:

FOOD GROUP:

EXAMPLES:

Grain (6-11 servings/day)

Rice, pasta, breads, noodles, tortillas, popcorn, hot and cold cereals, muffins, pancakes, crackers, taco shells, pizza crust

Vegetable (3-5 servings/day)

Potatoes, corn, lettuce, tomatoes, tomato sauce, peppers, broccoli, carrots, cabbage, sweet potatoes, squash, peas

Fruit (2-4 servings/day)

Apples, bananas, oranges, peaches, grapes, strawberries, melons, raisins, juices

Dairy (2-3 servings/day)

Milk, yogurt, cottage cheese, cheese, ice cream

Meat (2-3 servings/day)

Beef, pork, chicken, turkey, fish, peanut butter, nuts, eggs, beans, lentils, tofu

Another way to get the variety of the five food groups is combination foods:

Tacos—beef (meat), lettuce (vegetable), tomato (fruit), cheese (dairy), taco shell (grains)

Beef Stew—beef (meat), carrots, potatoes, onions (vegetables)

Sugar, oil, gravy, salad dressing, candy, mayonnaise, whipped cream, soda, pastry, cake, pies, margarine and butter are all EXTRA foods that add calories (energy) and flavor to our foods, but have little nutritional value. They should be eaten in moderation in addition to foods from the five food groups.

The first three activities stress the importance of eating a wide variety of foods. The Food Fan on the next page is a guide for the number of servings from each food group everyone should eat.

Fantastic Five Food Star
MELBA TOAST

