

Session

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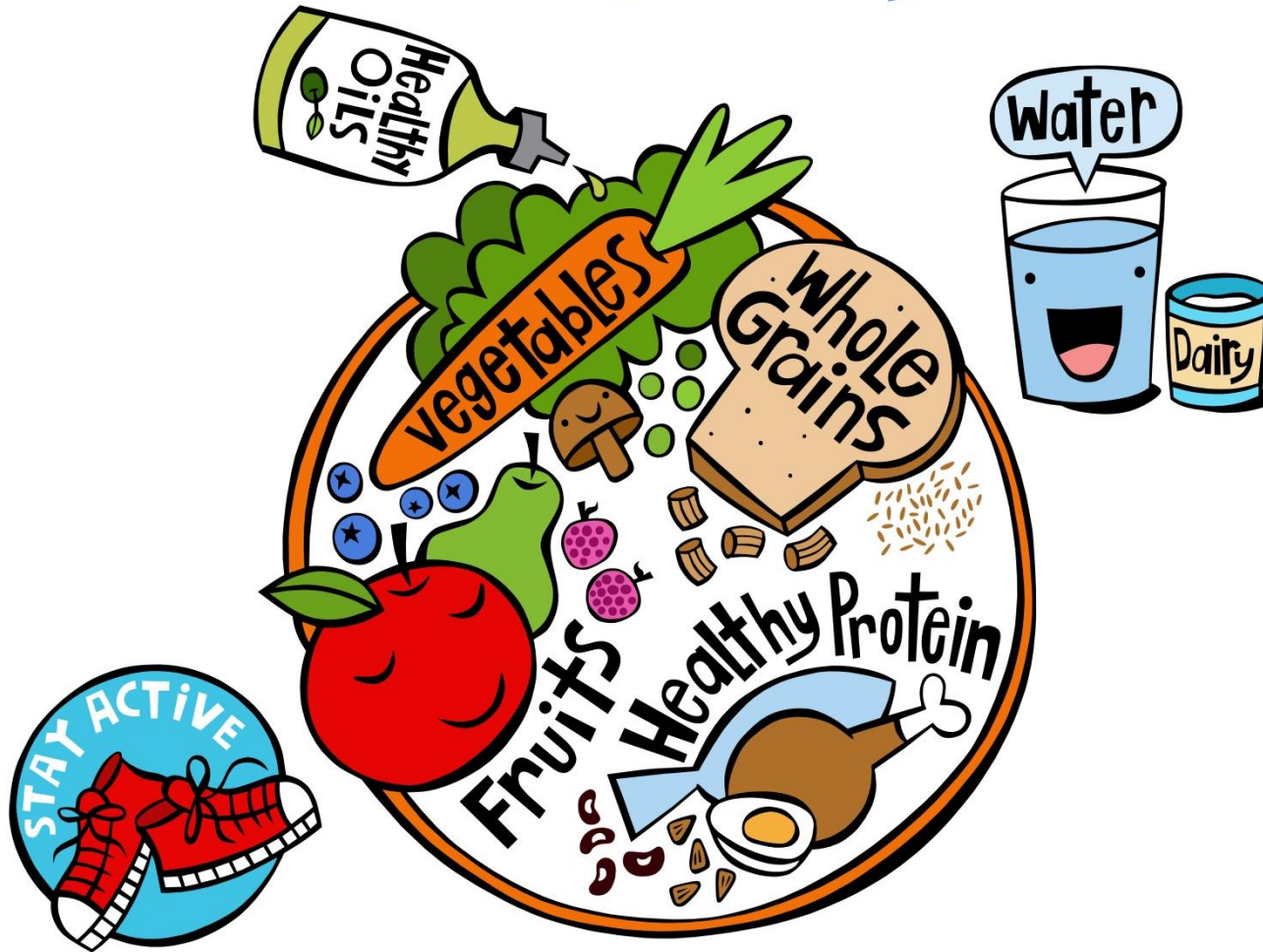
# The Five Food Groups and Nutrition Facts

*Eat Well & Keep Moving*

# The Five Basic Food Groups

- **Vegetables**
- **Fruits**
- **Grains**
- **Protein**
- **Dairy**

# Kid's Healthy Eating Plate



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# Choose Colorful Fruits and Vegetables Instead of Junk Food

- **Fruits and vegetables provide vitamins, minerals, and carbohydrate.**
- **Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).**
- **Getting 5 or more servings each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.**

# Fruits

- **Good source of vitamins A and C and potassium**
- **Whole and sliced fruits have more fiber than juice and are better choices.**
- **One serving = 1 medium apple, banana, or orange; 1/2 cup chopped or cooked fruit; 1/4 cup of dried fruit, like raisins**
- **Limit fruit juice to no more than 4-6 ounces per day.**

# Vegetables

- **Good source of vitamins A and C, folate, iron, and magnesium**
- **High in fiber**
- **Choose a rainbow of colors, especially dark green and deep orange.**
- **One serving = 1/2 cup cooked vegetables, 1 cup of leafy salad greens**

# Grains:

## *Get Whole Grains and Sack the Sugar!*

- **Grains contain carbohydrate, fiber, and some vitamins and minerals.**
- **Whole grains are the healthiest choices.**
- **Choose foods that list a whole grain as the first ingredient and watch out for added sugar in the ingredients list.**
- **Examples of whole-grain foods include 100% whole-wheat bread and pasta, steel-cut oatmeal, whole-grain crackers and breakfast cereals, barley, brown rice, and quinoa.**

# Protein

- **Contain protein, B vitamins, and minerals responsible for functions like building and repairing muscles and tissue.**
- **Choose healthy sources of protein, including nuts, seeds, beans, and peas, as well as fish, poultry, and vegetarian alternatives.**



# Dairy

- **Dairy foods are needed in lower proportions than foods from the other groups**
- **Good source of calcium; also contains protein, riboflavin, and vitamins A and D**
- **Promotes strong bones and healthy teeth**
- **Choose unflavored milk, plain yogurt, or unsweetened dairy foods**
- **Those who cannot consume dairy can choose lactose-free milk or calcium-fortified nondairy alternatives such as unflavored and unsweetened rice milk or soy milk**

# Combination and Processed Foods

- **Combination foods contain foods from more than one food group.**
- **Processed foods are prepared and packaged by manufacturers.**

# A Balanced Diet

- **No single food supplies all needed nutrients.**
- **Choose a variety of foods from each group.**
- **Follow these guidelines to make the best choices:**
  - Choose colorful fruits and vegetables instead of junk food.
  - Choose whole-grain foods and limit foods with added sugar.
  - Make the switch from sugary drinks to water.
  - Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.

# Energy Requirements

- **Adults**

- Women need 1,800 to 2,000 calories per day.
- Men need 2,200 to 2,400 calories per day.
- Adults need more if they are very active.

- **Children**

- Girls aged 9 to 13 need 1,600 calories per day.
- Boys aged 9 to 13 need 1,800 calories per day.
- Children may need 400 calories more each day if they are moderately active.
- Very active boys and girls may need even more.

# Reading Food Labels

Nutrition Facts	
Serving Size (1/8 cup) (31g) about 8 pieces	
Servings Per Container 9	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 90mg	3%
Sodium 160mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Serving size

Servings per container

Saturated fat per serving

Trans fat per serving:  
Choose foods that have 0g of trans fat, and make sure to check for partially hydrogenated oil in the ingredients list.

% DV of saturated fat:  
Foods with a DV for saturated fat of 5 or less are low in saturated fat. Foods with a % DV for saturated fat of 20 or more are high in saturated fat. The daily goal is to choose foods that together contain less than 100% of the DV for saturated fat.

# Understanding % Daily Value

- **The % Daily Value (% DV) tells you whether a food is low or high in a nutrient.**
- **Consider saturated fat:**
  - Food with % DV  $\leq 5$  is *low* in saturated fat.
  - Food with % DV  $\geq 20$  is *high* in saturated fat.
- **Follow the daily goal for saturated fat:**
  - Choose foods that together have  $<100\%$  of the DV for saturated fat.
  - It is easier to eat a healthy diet by choosing foods that have  $\leq 5\%$  of the DV for saturated fat.

# % Daily Value for Other Nutrients

- **% DV for vitamins, iron, calcium**
  - Food with % DV  $\leq 5$  is *low* in a nutrient.
  - Food with % DV  $\geq 20$  is *high* in a nutrient.
- **Daily goal for vitamins, iron, calcium**
  - Choose foods that together reach 100% of the DV for these beneficial nutrients.
  - It is easier to reach 100% DV by choosing foods that are high in these nutrients.

# Trans Fat on the Food Label

- **No % DV is listed for trans fat, because it is unclear if there is any safe level.**
- **It is best to avoid trans fat.**
  - Look for “0 grams trans fat” on food label.
  - And*
  - Check ingredients list for partially hydrogenated oil.
  - Switch to products that do not contain trans fat or partially hydrogenated oil.



# Calculating % Daily Value for Saturated Fat

- **Divide the number of grams of saturated fat per serving by 22 and multiply by 100.**
- **Here is an example:**
  - 1 cup of whole milk has 5 grams of saturated fat.
  - $(5 \div 22) \times 100 = 23\%$  DV for saturated fat.

# Adding Up the Saturated Fat

<b>Snack foods</b>	<b>% DV saturated fat</b>
Nonfat milk	0%
Apple slices	0%
Water	0%
Chocolate chip cookie (1)	16%
Small fast-food cheeseburger	32%
Vanilla milkshake (12 oz.)	45%
Spinach	0%
Roasted cashews (1/4 cup)	11%
<b>Total</b>	<b>104%</b>

# Tour de Health

**Questions?**