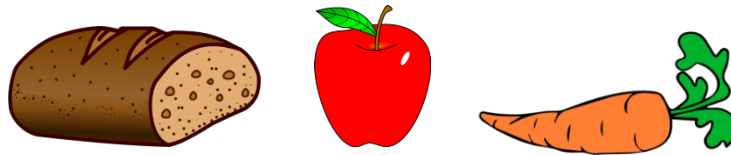


Food Groups

We get all of our nutrients from food as it is being digested, so it's important to make sure we provide it with the right kinds of 'whole foods'. Having a healthy diet loaded with vitamins and minerals will help you grow. Fruits, vegetable, carbohydrates, proteins, and dairy all provide you with this nutrition!



It's important to make sure you are eating enough of these healthy foods:

Check with your parents and your doctor to make all of these foods are okay for you to eat!

	servings per day
Fruits	3
Vegetables	5
Carbohydrates	6
Proteins	5
Dairy	3

What is a serving?

Fruits: 1 serving= ½ cup

(1 small apple, 1 banana, ½ cup of dried fruit, ½ cup PURE fruit juice)

Vegetables: 1 serving= ½ cup

(2 medium carrots, 1 sweet potato, ½ cup of green beans, 1 cup cooked spinach)

Grains: 1 serving= 1 ounce

(1 cup of oatmeal, 1 slice of whole wheat bread, ½ cup brown rice)

Protein: 1 serving= 1 ounce

(1 egg, 1 TBSP peanut butter, ½ cup of beans, handful of nuts)

Dairy: 1 serving= 1 cup

(1 cup of milk, 1 ½ ounces of cheese, 1 cup of Greek yogurt)

Pick one day this month and write down all the whole foods that you eat in a day...

	Fruits	Vegetables	Carbohydrates	Protein	Dairy
1					
2					
3					
4					
5					
6					

1. Are you getting the recommended amount of whole foods? _____
2. What whole foods do you need to eat more of? _____
3. What is your favorite whole food from each category? _____