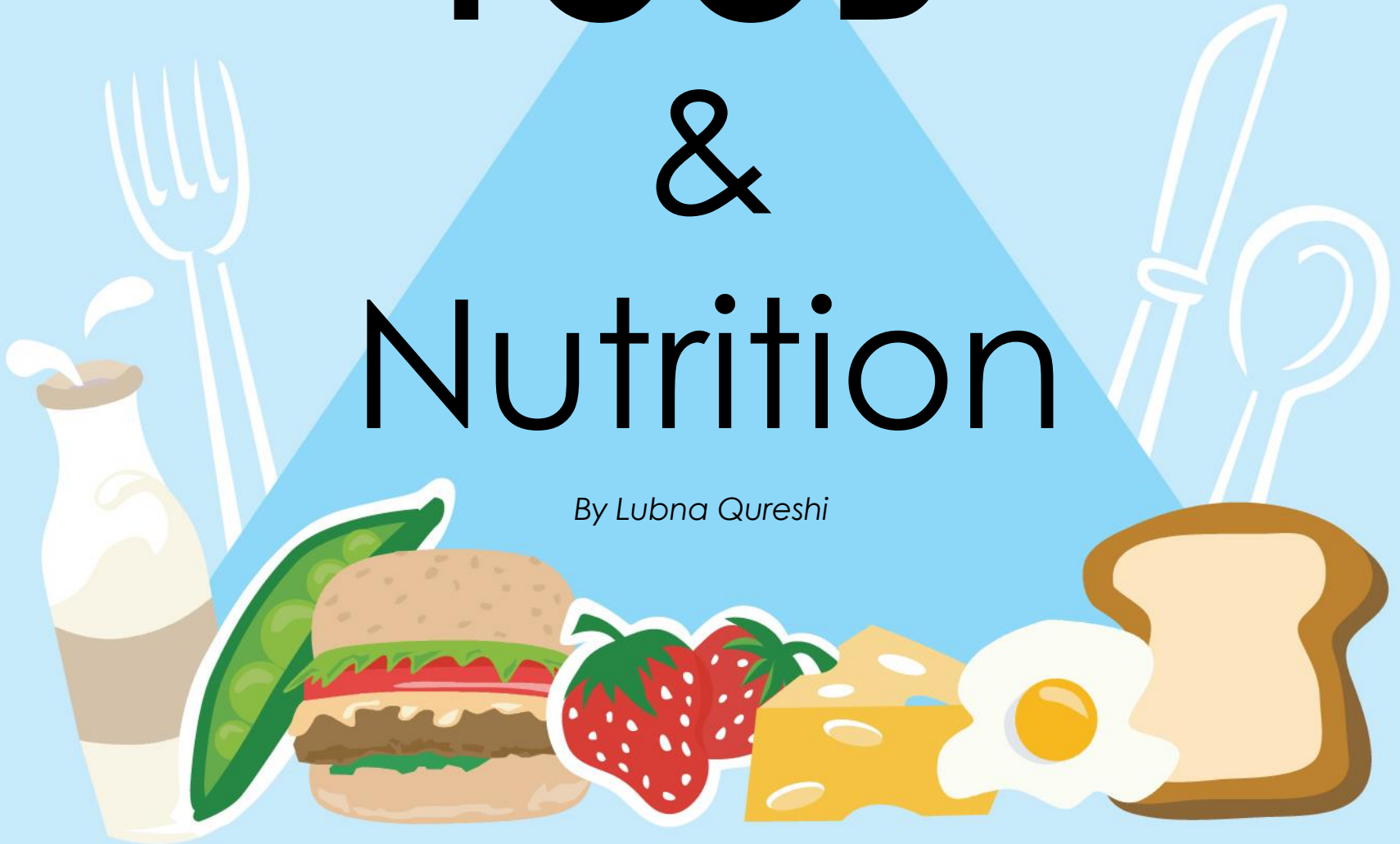


# FOOD & Nutrition

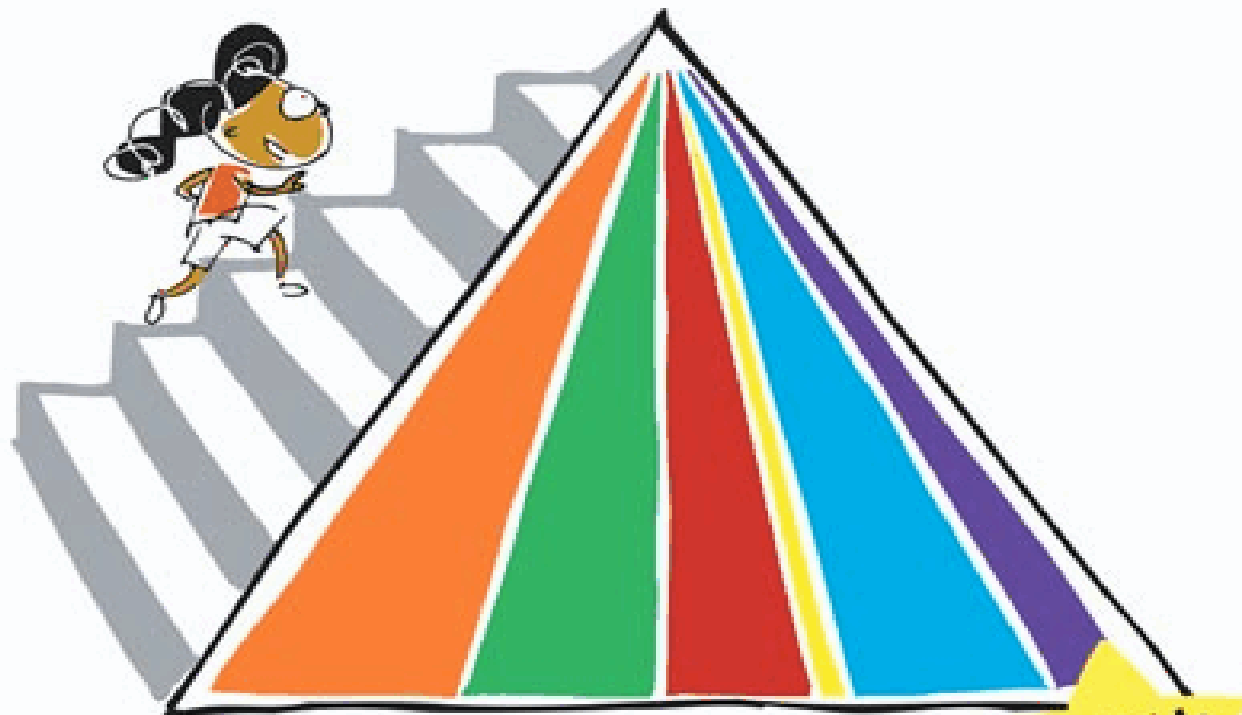
*By Lubna Qureshi*



# Dietitian

Helps people to make better food choices so they live an active and healthy life.





# MyPyramid For Kids

**Eat Right. Exercise. Have Fun.**

Source: US Dept. of Agriculture (USDA)

# Grains

**Make half of your grains whole**

## **Whole grains:**

Brown rice  
Oatmeal  
Popcorn  
whole wheat cereal flakes  
whole grain barley  
whole grain cornmeal  
whole rye  
whole wheat bread  
whole wheat crackers  
whole wheat pasta  
whole wheat sandwich buns  
and rolls  
whole wheat tortillas

## **Refined Grains:**

Corn tortillas  
Couscous  
crackers  
Flour tortillas  
noodles  
*Pasta*  
spaghetti  
macaroni  
pitas  
pretzels  
*Ready-to-eat breakfast  
cereals*  
corn flakes  
white bread  
white sandwich buns and rolls  
White rice

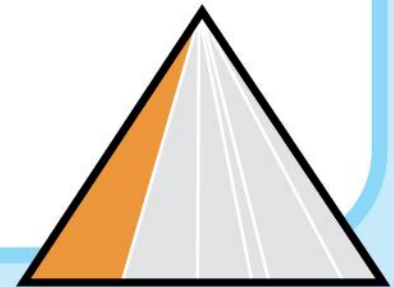
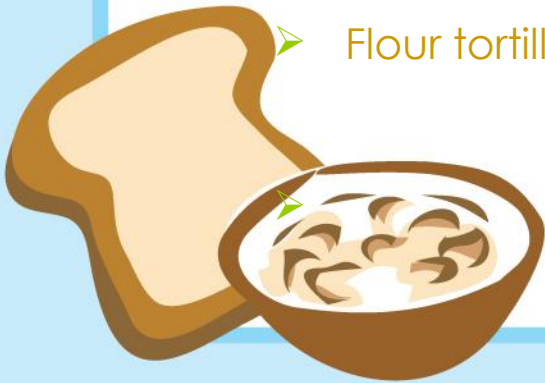


# Grains

Make half of your grains whole

3-6 oz per day

- Whole Wheat Cereal Flakes — 1 Cup=1 oz
- Whole Wheat Bread — 1 slice= 1 oz
- White rice — 1 cup =2 oz
- Flour tortilla — 1=2 oz



# Vegetables

## Vary your veggies

### Dark green vegetables:

broccoli  
lettuce  
mustard greens  
Spinach  
turnip greens

### Orange vegetables

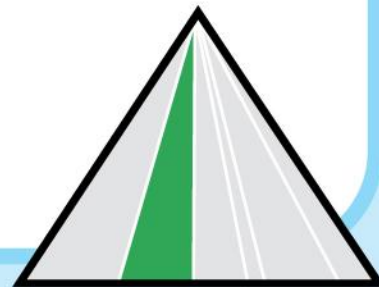
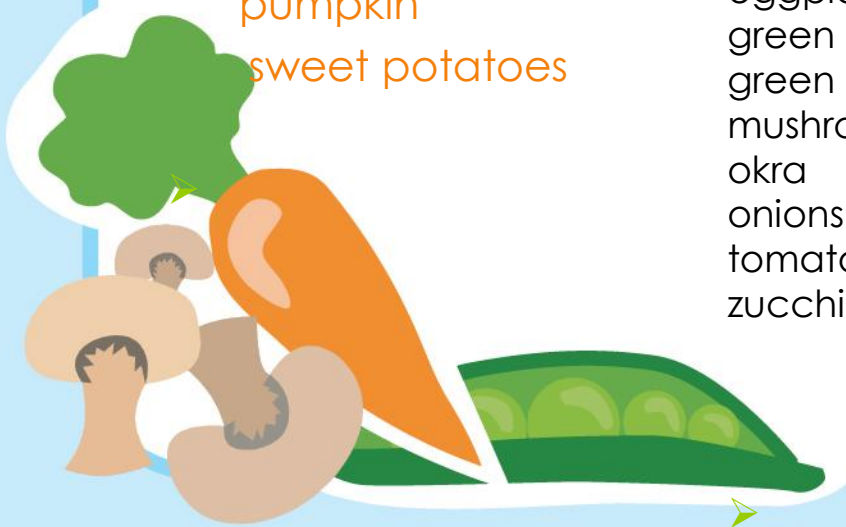
squash  
carrots  
pumpkin  
sweet potatoes

### Other vegetables:

artichokes  
asparagus  
bean sprouts  
beets  
brussels sprouts  
cabbage  
cauliflower  
celery  
cucumbers  
eggplant  
green beans  
green or red peppers  
mushrooms  
okra  
onions  
tomatoes  
zucchini

### Dry beans, peas:

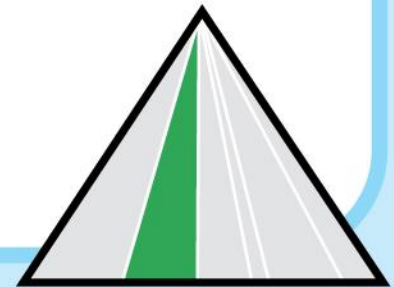
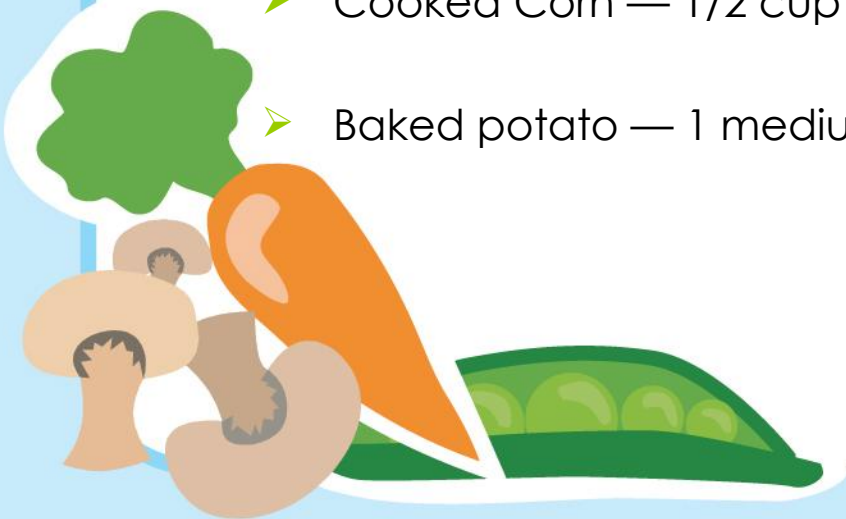
black beans  
black-eyed peas  
garbanzo beans  
(chickpeas)  
kidney beans  
lentils  
lima beans  
navy beans  
pinto beans  
soy beans  
split peas



# Vegetables

## Eat 2-2 1/2 cups every day

- Broccoli — 1/2 cup
- Baby Carrots — 1 cup
- Cooked Black Beans — 1/2 cup
- Cooked Corn — 1/2 cup
- Baked potato — 1 medium= 1 cup



# Fruits

## Focus on fruits

Nectarines  
Oranges  
Lemons  
Limes  
Grapefruits  
Tangerines  
Peaches  
Pears  
Papaya

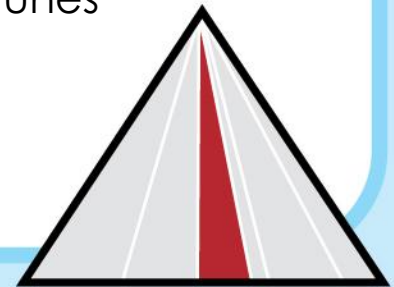
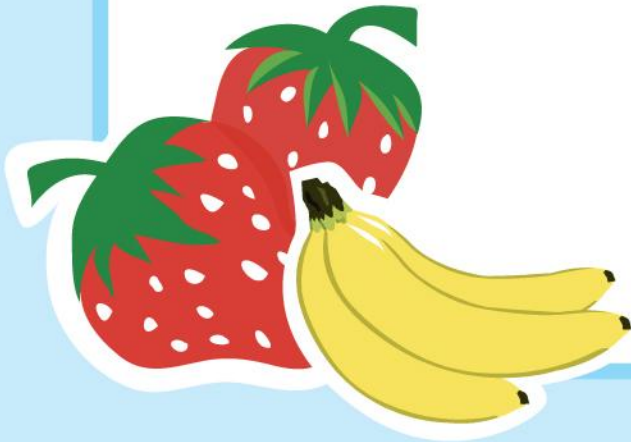
### *Berries:*

strawberries  
blueberries  
raspberries  
blackberries

### *Melons:*

cantaloupe  
honeydew  
watermelon

Apples  
Apricots  
Avocado  
Bananas  
Cherries  
Raisins  
Grapes  
Kiwi  
Mangoes  
Pineapple  
Plums  
Prunes

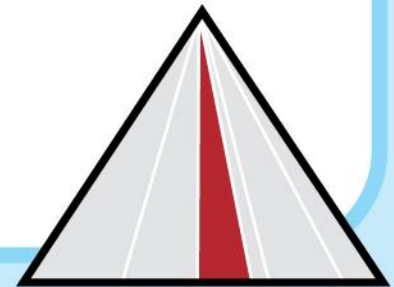
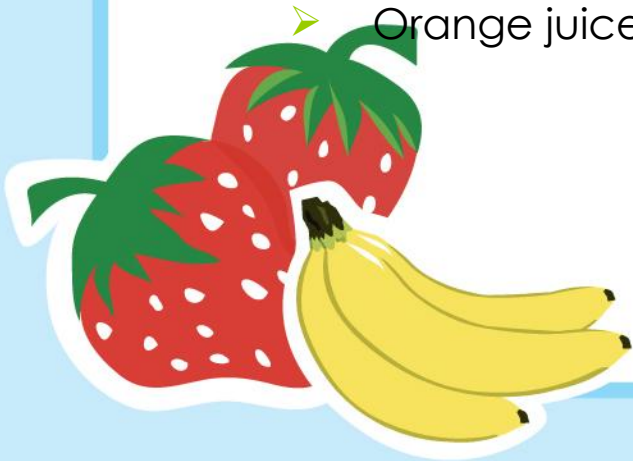




# Fruits

Focus on 1 1/2 cups fruits daily

- Banana — 1 large = 1 cup fruit
- Apple — 1 small = 1 cup fruit
- Orange — 1 small = 1/2 cup fruit
- Raisins — 1/4 cup = 1/2 cup fruit
- Orange juice — 1/2 cup

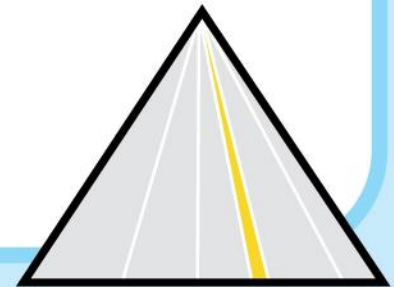


# Oils

Know your fats

Aim for 5 teaspoons of oil a day.

- Nuts
- olives
- some fish
- Avocados
- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil



# Milk

## Get your calcium rich foods

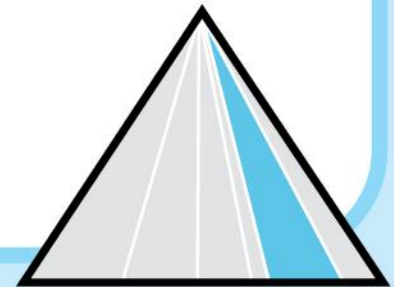
- **Milk**
  - fat-free (skim)
  - low fat (1%)
  - reduced fat (2%)
  - whole milk

**Flavored milks:**  
chocolate  
strawberry

- **Yogurt**
  - Fat-free
  - low fat
  - reduced fat
  - whole milk yogurt

**Cheese**  
cheddar  
mozzarella  
swiss  
parmesan  
soft cheeses  
ricotta  
cottage cheese  
American

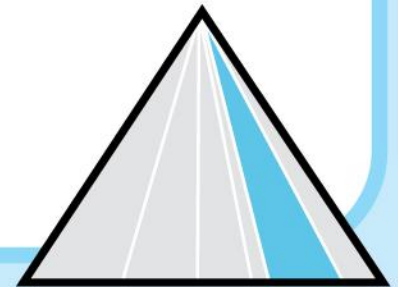
**Milk-based desserts**  
Puddings made with milk  
Frozen yogurt  
ice cream



# Milk

2-3 cups every day

- Milk — 8 fluid ounce carton=1 cup milk
- Yogurt — 8 fluid ounce carton=1 cup milk
- Swiss Cheese — 2 slices=1 cup milk
- Frozen Yogurt — =1/2 cup= 1 cup milk



# Meat and Beans

## **Meats**

beef  
lamb  
pork  
veal  
turkey  
chicken

## **Fish**

catfish  
salmon  
trout  
tuna

## **Shellfish:**

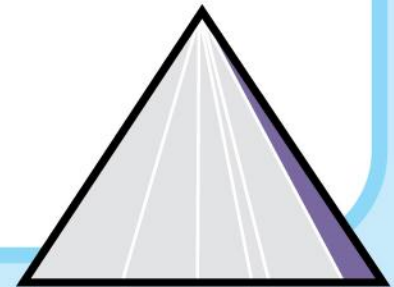
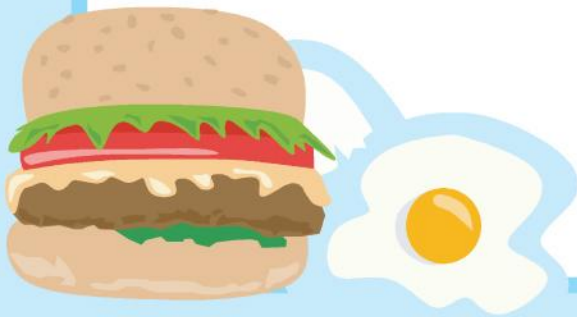
shrimp  
clams  
crab  
lobster  
oysters  
scallops

## **Nuts & seeds**

almonds  
cashews  
hazelnuts  
peanuts  
walnuts  
pecans  
pistachios  
pumpkin seeds  
sesame seeds  
sunflower seeds

## **Dry beans and peas**

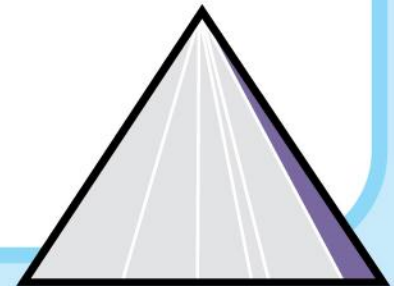
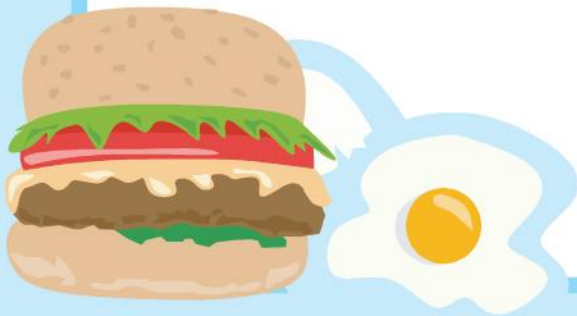
black beans  
black-eyed peas  
chickpeas  
(garbanzo beans)  
lentils  
lima beans  
navy beans  
split peas



# Meat and Beans

## 5 OUNCES OF MEAT EVERY DAY

- Chicken breast — 1 small breast half, cooked=3 ounce meat and beans
- Shrimp— 7medium cooked = 2 ounce equivalents meat and beans
- Walnuts — 1 ounce, about 9 walnuts= 2 ounce meat and beans
- Cooked Black Beans — 1/2 cup= 2 ounce meat and beans



# Physical Activity

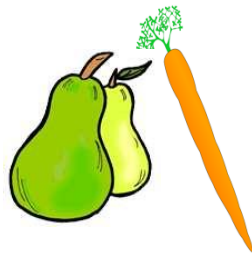
60 minutes or more per day

- Walking briskly
- Hiking
- Gardening/yard work
- Dancing
- Bicycling
- Running/jogging
- Swimming
- Jumping jacks
- Jump Rope
- Stair climbing
- Playing video games
- Playing computer games
- Watching TV



# Eat Well and Stay Healthy!

- Balance between food and physical activity
- Eating in Moderation
- Reading Labels





Source:

[www.mypyramid.gov](http://www.mypyramid.gov)

