



GRAINS

Grain foods contain carbohydrates that give us energy to play and learn. There are many foods to choose from in the Grain Group:

- bread: white, wheat, rye



buns, rolls



- cereals: hot and cold



rice



- pasta: spaghetti, macaroni, noodles



pancakes



We need to eat a lot from this group. Children should eat 3-5 servings a day. 1 serving equals:

1 Slice of Bread



1 1/2 Bun, roll



1/2 Cup of Pasta or Rice





VEGETABLES

Vegetables are rich in vitamins and minerals that our bodies need to work properly. Vegetables may be raw or cooked; fresh, frozen, canned, or dried. Foods in the Vegetable Group give us vitamin A that helps us see in the dark. Vitamin A also helps to keep our skin healthy. Some foods in the Vegetable Group are:

- broccoli



corn



peas



- lettuce



mushrooms



carrots



- potatoes



tomatoes

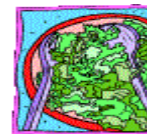


We need to eat lots from this group. Children should eat 5 servings a day. 1 serving equals:

1 Medium Sized Vegetable



1 Cup of Salad



1/2 Cup of Canned or Frozen Vegetables



Top tips:

- Choose chopped vegetables as a snack.
- Have a salad with sandwiches or with pizza.
- Try not to eat the same vegetables every day.



FRUITS

Like vegetables, fruit are rich in vitamins and minerals. Fruit Group foods provide vitamin C. Vitamin C helps our body heal cuts and bruises and fight infections! Fruits may be fresh, canned, frozen, or dried, and may be whole and cut-up. Some of the foods in the Fruit group are:

- apples



oranges



bananas



- pears



grapes



kiwi



- strawberries



melons



pineapple



We need to eat lots from this group. Children should eat 5 servings a day. 1 serving equals:

1 Medium Sized Fruit



1/2 Cup of Juice



1/2 Cup of Canned or Frozen Fruits



Top tips:

- Choose fruit as a snack.
- Add dried or fresh fruit to breakfast cereals.
- Add fruit to desserts.
- Try not to eat the same fruits every day.



MILK AND DAIRY PRODUCTS

Dairy foods contain calcium, a mineral need it for strong bones. They also provide other important nutrients, including protein, vitamin A, vitamin D, and B vitamins. Build strong bones with these foods in the Milk Group:

- milk

flavored milk like strawberry, banana, chocolate



- yogurt

cheese



- pudding

fruit yogurt



Children should eat 2-3 servings a day. 1 serving equals:

1 Cup of Milk

3/4 Cup of Yogurt

50g of Cheese





MEAT AND BEANS

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Meat Group foods help build strong muscles. Foods in this group provide protein and iron. Build muscles with these Meat Group foods:

- beef



- pork



- chicken and turkey



- fish



- dried beans and peas



- eggs



- nuts



Children should eat 2-3 servings a day. 1 serving equals:

1-2 Eggs



50-100g Fish, Poultry, or Meat

