






## Food & Nutrient Needs at a Glance

Your body depends on the food you eat for activity and health. The foods you choose are digested into over 40 different nutrients. Nutrients have different functions in your body, and they work together in partnerships for your good health. No one food provides all the nutrients. Foods are grouped together because they provide similar nutrients. Everyone needs the same nutrients, just in different amounts. That is why it is important to choose and eat a variety of foods from each food group in the amounts right for you.

Below are the food groups, examples of foods in each group, how much you need to eat, the main nutrients in the food group, and how the nutrients work to help you stay healthy and fit.

Food Group	Examples	Recommended Daily Amounts	What counts as an ounce or cup	Nutrients in the Food Group	Helping you Stay Healthy & Fit
 <p><b>Grain Group</b> Make half your grains whole</p> <p>Read the ingredient label and look for the words “whole grain”.</p>	Breads, cereals, rice, and pasta	9 to 13 years old: 5 to 6 ounces  14 to 18 years old: 6 to 8 ounces	1 ounce equals: <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 cup of ready-to-eat cereal</li> <li>• ½ cups cooked cereal, rice or pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Fiber (whole grains)</li> </ul>	<ul style="list-style-type: none"> <li>• Good source of energy.</li> <li>• Helps with healthful weight maintenance. Prevents constipation.</li> </ul>
 <p><b>Vegetable Group</b> Vary your veggies</p> <p>“Eat more dark green and orange vegetables, and beans and legumes.”</p>	<p><b>dark green</b> (spinach, broccoli, kale, romaine lettuce)</p> <p><b>orange</b> (carrots, pumpkin, sweet potatoes, acorn squash)</p> <p><b>Beans &amp; legumes</b> (black eye peas, black beans, soy beans)</p>	9 to 13 years old: 2 to 2½ cups  14 to 18 years old: 2 ½ to 3 cups	1 cup equals: <ul style="list-style-type: none"> <li>• 2 cups of raw leafy greens</li> <li>• 1 cup cooked or raw veggies</li> <li>• 1 cup 100% vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Vitamin C</li> <li>• Fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Helps you see in the dark. Keeps skin smooth &amp; healthy.</li> <li>• Helps wounds &amp; broken bones heal. Helps protect against infections.</li> <li>• Helps with healthful weight maintenance. Prevents constipation.</li> </ul>

Food Group	Examples	Recommended Daily Amounts	What counts as an ounce or cup	Nutrients in the Food Group	Helping you Stay Healthy & Fit
 <p><b>Fruit Group</b> Focus on fruits</p> <p>“Focus on fruits for snacks and desserts.”</p>	<p>Peaches, strawberries, watermelon, cantaloupe, bananas, pears, pineapple</p>	<p>9 to 13 years old: 1½ to 2 cups</p> <p>14 to 18 years old: 1½ to 2 cups</p>	<p>1 cup equals:</p> <ul style="list-style-type: none"> <li>• 1 medium size fresh fruit</li> <li>• 1 cup chopped, cooked or canned fruit</li> <li>• 1 cup 100% juice</li> <li>• ½ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Vitamin C</li> <li>• Fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Helps you see in the dark. Keeps skin smooth &amp; healthy.</li> <li>• Helps wounds &amp; broken bones heal. Helps protect against infections.</li> <li>• Helps with healthful weight maintenance. Prevents constipation.</li> </ul>
 <p><b>Milk Group</b> Get your calcium-rich foods</p> <p>“Get plenty of low-fat, calcium-rich foods.”</p>	<p>Milk, cheese and yogurt</p>	<p>9 to 13 years old: 3 cups</p> <p>14 to 18 years old: 3 cups</p>	<p>1 cup equals:</p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup yogurt</li> <li>• 1½ ounces 100% cheese</li> <li>• 2 ounces processed cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Protein</li> <li>• Vitamin D</li> </ul>	<ul style="list-style-type: none"> <li>• Builds bones in length &amp; strength. Essential for muscle function.</li> <li>• Builds, repairs and maintains body tissues, including muscles and bones.</li> <li>• Helps your body absorb calcium.</li> </ul>
 <p><b>Meat &amp; Bean Group</b> Go lean with protein</p> <p>“Choose lean proteins – look for foods that are baked, broiled or grilled.”</p>	<p>Beef, chicken, pork, fish, nuts, seeds, beans, tofu</p>	<p>9 to 13 years old: 5 to 5½ ounces</p> <p>14 to 18 years old: 5 ounces to 6½ ounces</p>	<p>1 ounce equals:</p> <ul style="list-style-type: none"> <li>• 1 ounce cooked lean meat, poultry or fish</li> <li>• ¼ cup cooked dry beans or tofu</li> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Protein</li> <li>• Iron</li> </ul>	<ul style="list-style-type: none"> <li>• Builds, repairs and maintains body tissues, including muscles and bones.</li> <li>• Helps blood carry oxygen to body cells. Helps prevent fatigue.</li> </ul>
<p>Healthy oils group</p> <p>“Consume in small amounts.”</p>	<p>Avocados, nuts (such as almonds &amp; walnuts) and vegetable oils (such as olive &amp; canola)</p>	<p>9 to 13 years old: 5 teaspoons</p> <p>14 to 18 years old: 6 teaspoons</p>	<p>1 teaspoon equals:</p> <ul style="list-style-type: none"> <li>• 1/6 avocado</li> <li>• ⅓ ounce nuts</li> <li>• 1 teaspoon oil</li> <li>• 1 tablespoon salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Essential fatty acids</li> <li>• Vitamin E</li> </ul>	<ul style="list-style-type: none"> <li>• Concentrated source of energy</li> <li>• May lower risk for cancer &amp; heart disease</li> </ul>