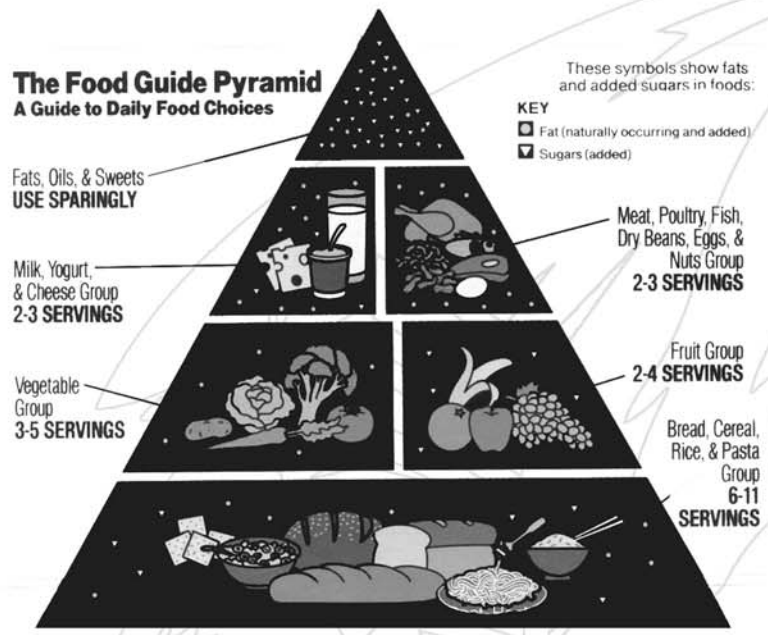


NUTRITION

The Food Guide Pyramid A Guide to Daily Food Choices



In order to have a healthy body, the most important thing is eating right. The food pyramid was created to help you understand how to eat healthy. It is recommended that 35% of what you eat comes from the grain group. Just because the bread you eat is brown doesn't make it whole-grain. Check the ingredients to make sure it is whole. Vegetables need to make up 25% of your diet. Dark green and orange vegetables are the healthiest. 15% of what you eat should be fruits, lots of fruit drinks are not 100% fruit juice. The meat group should make up 15% of your meals. Chicken and fish that are not fried are the best for you, and nuts,

seeds and beans are in this group too. 10% of your diet should be from the milk group. The calcium in milk products builds strong teeth and bones, you should try to eat and drink low fat milk products.

Questions

- Oatmeal, brown rice, and corn tortillas are all in what food group? Grain
- True or False: You should eat more fruit than vegetables. False
- Circle the vegetable that is the healthiest: lettuce radishes beets spinach.
- What food group are walnuts in? Meats (Protein)
- Which is healthier, broiled fish or country fried steak? Broiled Fish

Fill out the chart below with the foods and food groups you have eaten today. After filling the chart out, compare your eating habits with how you should be eating.

FOOD YOU ATE	FOOD GROUP

