

## Nutrition - My Plate Guidelines Study Guide

**Fruits** – Apples, Bananas, Watermelon, Cantaloupe, Berries, Grapes, Oranges

- Any fruit or **100% fruit juice** counts as part of the Fruit Group. Fruits may be **fresh, canned, frozen, or dried**, and may be whole, cut-up, or pureed.

Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are sources of many essential nutrients including **potassium, dietary fiber, vitamin C, and folate (folic acid)**.

**Vegetables** - Lettuce, Broccoli, Peppers, Carrots, Sweet Potatoes, **Beans, Peas**, Cucumbers

- Any vegetable or **100% vegetable** juice counts as a member of the Vegetable Group. Vegetables may be **raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed**.
- **You should eat a variety of vegetables** from 5 different subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.

Nutrients

- Most vegetables are naturally low in fat and calories.
- Vegetables are important sources of many nutrients, including **potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C**.

Health Benefits of Fruits and Vegetables

- **Are lower in calories**
- **Reduce risk for heart** disease, including heart attack and stroke.
- **Protect against cancers.**
- **Increase intake of fiber and potassium.**

**Grains** - Wheat, Rice, Oats, Bread, Pasta, Breakfast Cereals, Grits, Tortillas, Popcorn, Rice, Oatmeal

- **Whole grains** contain the entire grain kernel. **Refined grains** have been milled.
- **Half of the grains you eat should be from whole grains.**

Nutrients

- Grains are important sources of many nutrients, including **dietary fiber, several B vitamins, and minerals**.

Health benefits

- **Reduce the risk of heart disease.**
- **Support healthy digestion.**
- **Help with weight management.**

**Protein** - Meat, Poultry, Seafood, Beans, Peas, Eggs, Soy products, Nuts, and Seeds

- Group include **beans and peas, processed soy products, and nuts and seeds. Meat and poultry** choices should be lean or low-fat.

Nutrients

- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include **protein, B vitamins, vitamin E, iron, zinc, and magnesium.**
- A high intake of fats makes it difficult to avoid consuming more calories than are needed.

Health benefits

- Proteins function as **building blocks** for bones, muscles, cartilage, skin, and blood.

**Dairy** – Milk, Cheese, Yogurt

- All fluid milk products and many foods made from milk that retain their calcium content, such as **yogurt and cheese**, are part of the Dairy Group.

Nutrients

- **Calcium** is used for building and maintaining bone mass.
- Diets rich in **potassium** maintain healthy blood pressure.
- **Vitamin D** functions in the body to maintain proper levels of calcium and phosphorus,

Health benefits

- Intake of dairy products that contain calcium is linked to **improved bone health** especially in children and adolescents.
  - The Dairy Group provides many nutrients to the diet including calcium, phosphorus, vitamin A, vitamin D
- **Everyone needs Dairy: Adults, Children, Elderly, Athletes**
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

**Nutrients- include vitamins, minerals, carbohydrates, protein, water, and fats**

- Your body needs a variety of nutrients to grow and stay healthy.

**Food Labels-**

- What's on the label- serving size, calories, % daily value, nutrients, foot note & daily value, and ingredients list
- **Ingredients List-** The Ingredient List shows each ingredient in a food by its common or usual name in descending order by weight. So, **the ingredient with the greatest contribution to the product weight is listed first**, and the ingredient contributing the least by weight is listed last.