

What Counts as 1 Serving?

Bread, Cereal, Rice, & Pasta Group

- 1 slice of bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 1 ounce of ready-to-eat cereal

Vegetable Group

- 1/2 cup of chopped raw or cooked vegetables
- 1 cup of leafy raw vegetables
- 1 ounce of dried fruit

Fruit Group

- 1 piece of fruit or melon wedge
- 3/4 cup of juice
- 1/2 cup of canned fruit
- 1/4 cup of dried fruit

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings.

Milk, Yogurt, & Cheese Group

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese
- 2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

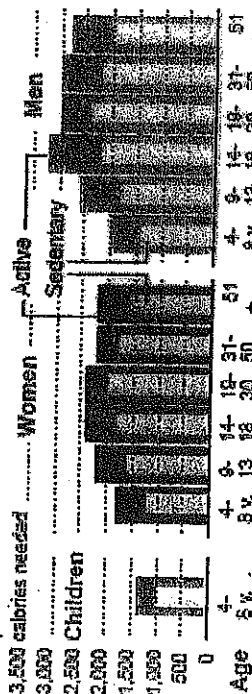
- 2 1/2 to 3 ounces of cooked lean meat, poultry, or fish
- Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat

Fats, Oils, & Sweets
LIMIT CALORIES FROM THESE especially if you need to lose weight

Finding your key to good eating habits

To go with its food guide pyramid -- the iconic reminder to Americans to make healthy food choices -- the Agriculture Department also announced 12 different calorie intake models.

A Determine the number of calories you need



B Using the calorie column, find the daily amount of each food group you should consume

Age, activity level	Calorie level		Fruits (in cup)		Vegetables (in cup)		Grains (ounce)		Meat and beans (ounce)		Milk (cup)		Oils (tsp)	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
1,000	1,000	1,000	1	1	1	1	1	1	1	1	1	1	1	1
1,200	1,200	1,200	1	1	1	1	1	1	1	1	1	1	1	1
1,400	1,400	1,400	1	1	1	1	1	1	1	1	1	1	1	1
1,600	1,600	1,600	1	1	1	1	1	1	1	1	1	1	1	1
1,800	1,800	1,800	1	1	1	1	1	1	1	1	1	1	1	1
2,000	2,000	2,000	1	1	1	1	1	1	1	1	1	1	1	1
2,200	2,200	2,200	1	1	1	1	1	1	1	1	1	1	1	1
2,400	2,400	2,400	1	1	1	1	1	1	1	1	1	1	1	1
2,600	2,600	2,600	1	1	1	1	1	1	1	1	1	1	1	1
2,800	2,800	2,800	1	1	1	1	1	1	1	1	1	1	1	1
3,000	3,000	3,000	1	1	1	1	1	1	1	1	1	1	1	1
3,200	3,200	3,200	1	1	1	1	1	1	1	1	1	1	1	1

More information on the suggested kinds and amounts of food to eat each day can be found online at <http://mypyramid.gov>

SOURCE: U.S. Department of Agriculture

How Many Servings Do You Need Each Day

Calorie level*	Women & some older adults		Children, teen girls, active women, most men		Teen boys & active men	
	about 1,600	about 2,200	about 2,200	about 2,800	about 2,800	about 2,800
Bread group	6	9	9	11	11	11
Vegetable group	3	4	4	5	5	5
Fruit group	2	3	3	4	4	4
Milk group	2-3**	2-3**	2-3**	2-3**	2-3**	2-3**
Meat group	2	2	2	3	3	3

*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils and sweets group sparingly.

**Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

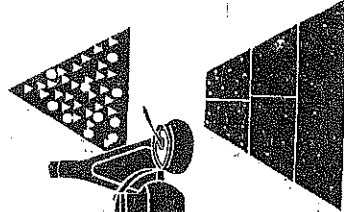
Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts.

Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars. When choosing foods for a healthier diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



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Nutrition Analysis Tool 2.0

Analysis Results

Nutrient	Total	Rec.	%Rec
Calories	2650.86	2000	132.54%
Pro (g)	122.8	36	341.11%
Fat (g)	131.4	66.67	197.09%
Carb (g)	243.4		--
Fiber (g)	2.81	30	9.37%
Cal (mg)	818.95	1300	63%
Iron (mg)	15.79	15	105.27%
Na (mg)	3713.4	2400	154.73%
Pot (mg)	1869.09		--
Phos (mg)	1524.33	1250	121.95%
Ash (g)	13.15		--
vitA (IU)	2963.31	4000	74.08%
vitC (mg)	91.93	45	204.29%
Thia (mg)	2.69	0.9	298.89%
Ribo (mg)	2.77	0.9	307.78%
Nia (mg)	28.19	12	234.92%
H2O %	52.73	Female 9-13	--
satF (g)	40.56	22.22	182.54%
monoF (g)	43.26	22.22	194.69%
polyF (g)	24.09	22.22	108.42%
Chol (mg)	902.34	300	300.78%

Display Short list of Nutrients

Display nutrients for individual foods

Are you deficient in a particular nutrient? Do you have too much of something else in your diet? Use the tool below to find suggestions on what food(s) you may want to try to balance out your diet.

[Help](#)

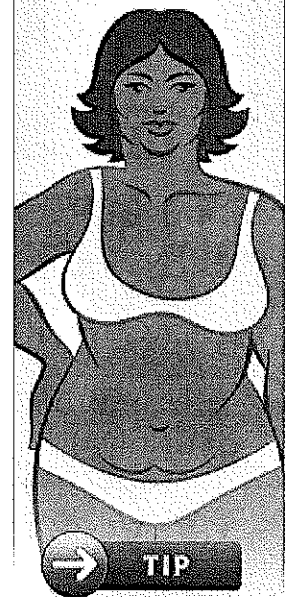
Saving your Personal Diet List analysis to your computer or diskette

Starting NAT using a saved Personal Diet List analysis

- Under **File**, click on **Open File**
- Select the file you saved earlier
- Click on the **Start NAT** button below

1 Tip for a Flat Belly

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Nutrition Analysis Tool 2.0

Display individual nutrients for selections

Food 1	EGGS-CHICKEN-WHOLE-CKD -FRIED	1::1 LRG EGG ::46 grams
Food 2	BREAD-CORNBREAD-PREPARED FROM RECIPE -MADE WITH WHOLE MILK	0.5::1 PIECE ::32.5 grams
Food 3	FAST FOODS-BISCUIT-WITH EGG	1::1 BISCUIT ::136 grams
Food 4	CRANBERRY JUICE COCKTAIL -BOTTLED	1::1 c::252.8 grams
Food 5	BREAD-FRENCH OR VIENNA -TOASTED (INCLUDES SOURDOUGH)	1::1 MED SLICE ::23 grams
Food 6	CARBONATED BEVERAGE-LEMON -LIME SODA	1::1 c::245.6 grams
Food 7	KRAFT MACARONI & CHEESE DINNER -ORIGINAL PREPARED USING STANDARD PACKAGE DIRECTIONS	1::1 CUP ::196 grams
Food 8	CHICKEN-BROILERS OR FRYERS -LEG-MEAT&SKIN-COOKED -FRIED-BATTER	2::1 LEG ::316 grams
Food 9	BREAKFAST ITEMS-FRENCH TOAST WITH BUTTER	2::1 SLICES ::135 grams
Food 10	MILK-COW-WHOLE-PAST AND RAW -FLUID-3.3% FAT	1::1 CUP ::244 grams
Food 11	BACON-MEATLESS	2::1 STRIP ::16 grams
Food 12	SWEETS-SYRUPS-MAPLE	1::1 tsp::6.67 grams

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Nutrients	Food 1	Food 2	Food 3	Food 4	Food 5	Food 6	Food 7	Food 8	Food 9	Food 10	Food 11	Food 12
Calories	91.54	88.08	315.52	144.1	68.54	98.24	409.84	862.68	356.4	148.84	49.6	17.48
Protein grams	6.21	2.18	11.15	0	2.21	0	12	68.89	10.4	8.05	1.71	0
Fat grams	6.9	2.50	20.26	0.25	0.76	0	17.99	51.19	18.77	8.05	4.72	0.01
Carbohydrates grams	0.64	14.14	24.21	36.40	12.97	25.54	49	27.49	36.05	11.47	1.01	4.48
Sodium mg	162.38	213.85	654.16	5.06	152.03	27.02	749.7	881.64	513	119.56	234.4	0.60
Vitamin A IU	394.22	78.98	648.72	10.11	0	0	749.7	287.56	472.5	307.44	14.08	0
Vitamin C mg	0	0.1	0	89.49	0	0	0	0	0.14	2.2	0	0

Saturated Fat grams	1.92	0.63	6.17	0.08	0.16	0	4.51	13.52	7.75	5.08	0.74	N/A
Cholesterol mg	211.14	13.98	232.56	0	0	0	10	284.4	116.1	34.16	0	0
Water %	68.6	38.6	51.1	85.5	28.6	89.5	-1	52.1	50.7	88	49	32
Total Dietary Fiber grams	0	1.14	N/A	0.25	N/A	0	1	N/A	N/A	0	0.42	0
Ash grams	0.74	1.14	2.58	0	0.51	0.25	N/A	4.11	1.35	1.71	0.72	0.04
Calcium mg	25.3	80.6	153.68	7.58	18.63	4.91	99.96	56.88	72.9	290.36	3.68	4.47
Phosphorus mg	89.24	54.6	184.96	5.06	26.22	0	299.88	480.32	145.8	226.92	11.2	0.13
Iron mg	0.74	0.81	3.13	0.51	0.64	0.25	2.70	4.42	1.89	0.24	0.38	0.08
Potassium mg	60.72	47.45	160.48	45.50	28.06	2.46	339.86	597.24	176.85	369.66	27.2	13.61
Thiamin mg	0.03	0.09	0.34	0.02	0.10	0	0.37	0.37	0.58	0.09	0.70	0.00
Riboflavin mg	0.24	0.09	0.34	0.02	0.07	0	0.33	0.7	0.5	0.4	0.08	0.00
Niacin mg	0.04	0.73	0.71	0.10	1.07	0.05	3	17.16	3.92	0.2	1.21	0.00
Monounsaturated Fat grams	2.75	0.65	8.19	N/A	0.30	0	N/A	20.79	7.07	2.37	1.14	N/A
Polyunsaturated Fat grams	1.28	1.05	4.22	N/A	0.17	0	N/A	12.17	2.44	0.29	2.47	N/A

[Back to Combined Listing](#)

Your Childs Nutrition analysis

Please have your child share and explain their analysis of his/her food intake with you. We are working a lot on nutrition this semester and I hope they use this information to eat a healthy diet. Please sign and **return only this note** for them to get credit for this assignment. Please keep the analysis at home and you might want to do one for yourself too. It has been nice having your child in class this year.

Ms. McDowell

Child _____ per. _____

Parent _____

Comments _____

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Comments _____

E. Which nutrients are below 100%?

Nutrient %

- 1.
2.
3.
4.

Which are above 100%?

Nutrient %

- 1.
2.
3.
4.

F. Are you getting enough calcium? What % did you get? What are three foods do you like eating that are high in calcium? Why do you need Calcium?

G. Are you getting enough iron? What % did you get? What are three foods you like eating that are high in iron? Why do you need Iron?

H. Are you getting enough fiber? What % did you get? What are three foods you like that are high in fiber? Why do you need fiber?

I. Name three Nutrients you have way too much of and three you need to have more of. What are side effects for each of your choices?

too much

effect

- 1.
2.
3.

too little

effect

- 1.
2.
3.

J. What conclusions can you draw from examining your dietary analysis? List at least 3. (nutrient changes)

K. Give three recommendations for improving your dietary intake. specific foods to change

Extra credit - (on your own time) Revised Food Record - write another food log, this time with the intention of eating healthier & reaching the appropriate number of servings, calories, & 100% for each of the nutrients evaluated - Print out dietary Analysis

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Which are above 100%?

Nutrient %

Nutrient %

- 1.
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G. Are you getting enough iron? _____ What % did you get? _____
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H. Are you getting enough fiber? _____ What % did you get? _____ What are three foods you like that are high in fiber? Why do you need fiber?

I. Name three Nutrients you have way too much of and three you need to have more of. What are side effects for each of your choices?

too much

too little

effect

effect

- 1. →
- 2. →
- 3. →

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