

Dietary Guidelines for Americans

- Aim for a healthy weight
- Be physically active every day
- Let the “ChooseMyPlate.gov” guide your choices
- Eat a variety of foods
- Choose a variety of grains daily
- Choose a diet low in saturated fat and cholesterol and moderate in total fat
- Choose a variety of vegetables and fruits daily
- Choose beverages and foods to moderate your intake of sugars
- Choose and prepare foods with less salt

Meal Pattern for average 15-18 Year Old Male

Breakfast:

¾ Cup Orange Juice
1 Cup Whole Grain Cereal
1 slice Wheat Toast

Snack

Carrot Sticks
Cottage Cheese

Lunch

Tuna Sandwich
Sliced Tomatoes
Coleslaw
Banana
1 Cup Fat Free Milk

Snack

Peanut Butter Sandwich

Dinner

Meat Loaf
Mashed Potatoes
Green Beans
Tossed Salad
2-Dinner Rolls
Peach Halves
1 Cup Fat Free Milk

Snack

Applesauce
Graham Crackers

Visualize Serving Sizes:

- 3oz. Cooked Meat = Deck of cards
- 1 oz. Cheese = Four Dice
- 1 Cup Raw Leafy Greens = Four Lettuce Leaves
- 2 Tbsp. Peanut Butter = Small Matchbox
- ½ Cup Cooked Vegetables = Half a Tennis Ball
- 1 medium potato = Computer Mouse

Teacher's Notes:

Display a variety of fruits, vegetables, cheeses and dips. Conduct a taste test. Ask the students if they are able to identify which nutrients are present in the variety of food.

Use Nutrients: Making Choices for Health.

Define Nutrients as chemicals found in food that help the body work properly. Ask student to complete the activity using the textbook **and** Internet to create a Tri-Fold pamphlet of the sources of nutrients.

Nutrients: Making Choices for Health

Directions: Complete the chart below by writing the functions of each nutrient and the food source for each nutrient listed. Next put a check by the foods you normally eat each day.

Nutrients	Functions	Food Sources
Proteins		
Vitamins		
Minerals		
Carbohydrates		
Fats		
Water		