

# EATING RIGHT

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Every day your body needs materials called nutrients to operate your body, to grow and to repair. These nutrients. If you don't eat food that contains these nutrients, your body does not work as well, and you could become sick. The nutrients that keep you healthy are:

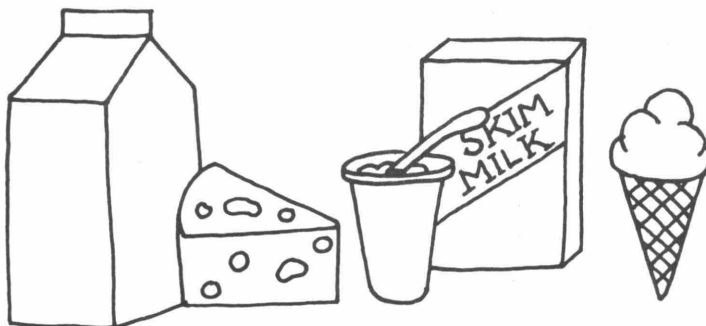
## VEGETABLES AND FRUITS

contain these nutrients: vitamins A and C



## MILK PRODUCTS

contain these nutrients: calcium, riboflavin and protein

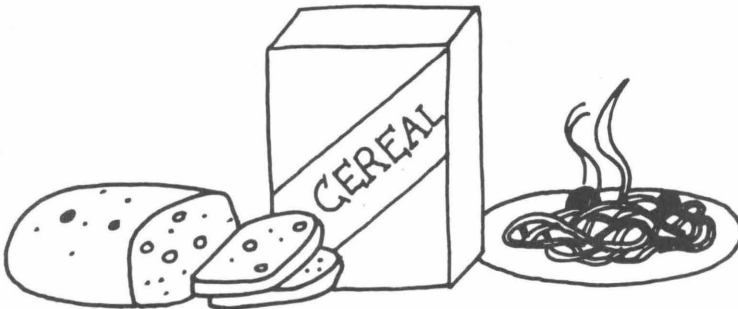


Choose low fat or skim milk products when low fat and low cholesterol intake is desired.

illed nutrients. These nutrients are needed  
hink. The foods you eat are the source of  
hat contains needed nutrients, your body  
have many health problems. Foods that

## GRAINS

contain these nutrients: carbohydrate,  
thiamin, iron, niacin, protein



Choose whole grain, enriched breads and  
cereals

## PROTEIN PRODUCTS

contain these nutrients: protein, niacin, iron  
and thiamin



Choose dry beans, poultry and fish when low  
saturated fat and cholesterol intake is desired.  
Avoid highly salted luncheon meats and frank-  
furters when a lower salt intake is desired.

# WHO NEEDS, HOW MUCH?

## SERVINGS PER DAY

	Child *	Teen	Adult	Pregnant Woman	Lactating Woman
<b>Vegetables &amp; Fruits</b> serving size = ½ cup cooked ½ cup juice 1 cup raw	4	4	4	4	4
<b>Milk Products</b> serving size = 1 cup milk, yogurt 1½ oz. cheese 1½ cups ice cream 2 cups cottage cheese	3	4	2	4	4
<b>Grains</b> — whole grain, enriched serving size = 1 slice bread ½ roll, bagel ¾ cup ready to eat cereal ½ cup cooked cereal ½ cup rice, pasta, noodles	4	4	4	4	4
<b>Protein Products</b> serving size = 2 oz. cooked meat, fish or poultry, cheese 2 eggs 1 cup cooked, dry beans, peas, lentils 4 Tablespoons peanut butter ½ cup nuts	2	2	2	2	2

## WHAT ELSE?

\* 1-3 yrs. - smaller servings

- Fats, oils, dressings, bacon, cakes, pies, candy, sugar, chips, soda, drinks, beer and alcohol. They contain many calories and few nutrients. Only eat these in the amounts that allow you to maintain the proper weight.
- Water — Many foods contain water but you should also drink about 1 to 1½ quarts of liquids every day.

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