

Student Information Handout
Food Nutrients
Lesson 5

NUTRIENTS IN EXCHANGE GROUPS

For teens it is suggested that you eat at least the following number of exchanges from the six exchange groups each day in order to obtain adequate nutrient intake.

MILK AND MILK PRODUCTS	4 Exchanges
MEAT AND MEAT ALTERNATES	6 Exchanges
FRUITS	3 Exchanges
VEGETABLES	2 Exchanges
BREADS AND CEREALS	4 Exchanges
FAT	-

One serving of MILK and MILK PRODUCTS would be equivalent to one 8-ounce cup. The foods in the MILK GROUP are good sources of high quality protein and calcium.

One serving of MEAT and MEAT ALTERNATES would be 3 ounces (3 exchanges) of lean cooked meat, poultry, or fish, without bone; two eggs (2 exchanges); 1 cup (2 exchanges) cooked mature beans, peas, or lentils; or 4 tablespoons (2 exchanges) of peanut butter. This exchange group provides us with good sources of protein, iron, and certain of the B vitamins.

One serving of VEGETABLES would be 1/2 cup of vegetable. One serving of FRUIT is the portion as ordinarily served, such as 1 small orange or half a medium grapefruit. The size of the serving for one fruit exchange varies for different fruits (See MF-264). These two exchange groups are sources of certain vitamins, minerals, and fiber.

One serving of BREADS and CEREALS would be 1 slice of bread; 1 ounce ready-to-eat cereal; or 1/2 to 3/4 cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti. This group provides us with iron and certain of the B vitamins. Determine the number of servings of each exchange group that you normally eat on your DIET PLAN. Do you get the suggested minimum number of servings from the six exchange groups each day?

- _____ servings of MILK AND MILK PRODUCTS
- _____ servings of MEAT AND MEAT ALTERNATES
- _____ servings of FRUITS
- _____ servings of VEGETABLES
- _____ servings of BREADS AND CEREALS

Did you have a good source of vitamin C yesterday? _____ What was the food? _____ Have you eaten a good vitamin A food source in the last day or two? _____ What was the food? _____

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BEHAVIORAL PRESCRIPTION SHEET

SAMPLE

TRY YOUR'S HERE

Problem: Eat in bedroom late at night.

Solutions: Do something in another part of the house until ready to go to bed.

Do something to keep hands busy eg. write letters, paint, sew, etc.

Substitute low calorie soda or tea for a high calorie snack.

Plan: Substitute low calorie soda for high calorie food.

Evaluation: Graph number of late night snacks for next seven days.
