



Eating Right Is Basic 2—A National Food and Nutrition Education Curriculum

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Adult EFNEP  
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## ONE SERVING IS:

### 70–125 calories

8 oz. buttermilk  
8 oz. milk from  
non-fat dry  
8 oz. skim milk  
8 oz. plain yogurt  
made from skim  
milk

### 125–150 calories

8 oz. plain yogurt made  
from 2% milk  
2 oz. cheese spread  
1½ oz. (2, 1" cubes)  
cheddar or swiss  
cheese  
8 oz. 2% milk

### 150 or more calories

2 oz. process cheese  
food  
1½ c. ice cream  
8 oz. evaporated milk  
(diluted)  
2 c. cottage cheese  
8 oz. whole milk

**WHY EAT MILK OR CHEESE? CALCIUM AND PROTEIN,  
VITAMIN D FORTIFIED MILK PRODUCTS ARE A GOOD CHOICE.**

**MILK AND CHEESE**

**ADULTS—2 CHILDREN—3  
TEENS—4 ...SERVINGS EVERY DAY**

## ONE SERVING IS:

### 100–250 calories

3 oz. flank steak  
3 oz. beef spare  
ribs, cooked  
3 oz. chicken, turkey,  
cooked (without skin)  
3 oz. liver (fried)  
3 oz. fresh or frozen  
fish  
3 oz. crab, lobster,  
clams, oysters,  
scallops, shrimp  
2 eggs

### 250–350 calories

3 oz. ground beef,  
cooked  
3 oz. pork chop,  
cooked  
3 oz. ham, cooked  
3 oz. capon, duck  
or goose, cooked  
3 oz. lamb, cooked  
3 oz. roast beef or  
roast pork

### 350 or more calories

2 hot dogs  
3 oz. corned beef  
3 oz. pork spare ribs

**WHY EAT MEAT, POULTRY, FISH OR EGGS? PROTEIN AND IRON**

**MEAT, POULTRY, FISH, AND EGGS**

**EAT 2 SERVINGS EVERY DAY  
OR CHOOSE DRIED BEANS OR PEAS**

## ONE SERVING IS:

### 200–350 calories

1½ c. dried cooked  
—beans  
—split peas  
—lentils

### 350–500 calories

4 T. peanut butter  
1½ c. canned beans  
and franks  
1½ c. canned pork  
and beans

### over 600 calories

1 cup cashews,  
almonds, walnuts  
¾ c. peanuts  
2 c. pecans  
¾ c. sunflower seeds

WHY EAT DRIED BEANS OR PEAS? PROTEIN AND IRON

**DRIED BEANS AND PEAS**

EAT 2 SERVINGS EVERY DAY OR  
CHOOSE MEAT, POULTRY, FISH OR EGGS

## ONE SERVING IS:

### 40–70 calories

½ hamburger bun  
1 slice bread  
1 six inch  
tortilla  
½ hot dog bun  
1 pancake  
(4 inch diam.)

### 70–100 calories

½ bagel  
6 saltines  
1 piece corn  
bread 2" × 2" × 1"  
1 oz. ready-to-eat  
cereal  
½–¾ c. cereal or  
grits, cooked  
1 plain dinner roll  
1 biscuit

### 100 or more calories

1 oz. wheat germ  
½–¾ c. rice or  
barley, cooked  
½–¾ c. macaroni  
noodles, spaghetti,  
cooked  
1 muffin  
4 graham crackers

**WHY EAT BREAD, CEREAL OR PASTA? B VITAMINS, IRON AND PROTEIN  
WHOLE-GRAIN PRODUCTS CONTAIN FIBER**

**BREAD, CEREAL, AND PASTA**

**EAT 4 OR MORE SERVINGS EVERY DAY.**

## ONE SERVING IS:

$\frac{1}{2}$  CUP COOKED OR CANNED  
—  $\frac{3}{4}$  CUP RAW

### 0–20 calories

cabbage  
celery  
chinese cabbage  
cucumbers  
escarole  
greens (beet,  
chard, collard,  
spinach, kale)  
green pepper  
lettuce  
onions  
radishes  
summer squash

### 20–40 calories

asparagus  
bean sprouts  
beets  
broccoli  
brussels sprouts  
carrots  
cauliflower  
eggplant  
okra  
rutabega  
sauerkraut  
string beans  
(green or yellow)  
tomatoes  
tomato juice (4 oz.)  
turnips  
zucchini

### 40 or more calories

corn  
green peas  
lima beans  
parsnips  
potato  
pumpkin  
winter squash  
yam or sweet potato

HIGH

**VITAMIN C**  
broccoli  
greens  
brussel  
sprouts

HIGH

**VITAMIN A**  
sweet potato  
greens  
broccoli

WHY EAT VEGETABLES? VITAMIN A, VITAMIN C AND FIBER

**VEGETABLES**

**EAT 3 OR MORE SERVINGS EVERY DAY**

## ONE SERVING IS:

### 15–45 calories

4 oz. grapefruit juice  
 $\frac{3}{4}$  c. fresh strawberries  
1 medium nectarine  
1 medium peach  
1 medium tangerine  
2 fresh apricots

**HIGH**  
**VITAMIN C**  
orange (and juice)  
papaya  
strawberries  
grapefruit (and juice)

### 45–80 calories

1 small apple  
 $\frac{1}{2}$  banana  
 $\frac{1}{2}$  medium cantaloupe  
10 large cherries  
 $\frac{3}{4}$  c. berries (red, blue or black)  
 $\frac{3}{4}$  c. watermelon  
1 orange  
4 oz. orange juice  
 $\frac{3}{4}$  c. papaya  
2 medium plums  
 $\frac{3}{4}$  c. pineapple  
 $\frac{1}{2}$  c. unsweetened applesauce  
 $\frac{1}{2}$  grapefruit

### 80 or more calories

6 oz. apple juice  
6 oz. cider  
6 oz. grape juice  
 $\frac{1}{2}$  medium mango  
1 pear  
6 oz. pineapple juice  
6 oz. prune juice  
4 apricot halves (dried)  
 $\frac{1}{2}$  c. sweetened applesauce  
 $\frac{1}{2}$  c. dates  
 $\frac{1}{2}$  c. fruit cocktail  
 $\frac{1}{2}$  c. figs  
 $\frac{1}{2}$  c. cooked prunes  
 $\frac{3}{4}$  c. grapes  
 $\frac{1}{4}$  c. raisins

**HIGH**  
**VITAMIN A**  
apricots  
cantaloupe  
peaches  
watermelon

WHY EAT FRUITS? VITAMIN C, VITAMIN A AND FIBER

**FRUITS**

Eating Right Is Basic 2

**EAT 1–2 SERVINGS EVERY DAY**