

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

Worksheet
Food Nutrients
Lesson 3

For adults it is recommended that you eat the following number of servings from the BASIC FOUR FOOD GROUPS each day:

- . . . 2 servings of MILK and MILK PRODUCTS
- . . . 2 servings of MEAT and MEAT ALTERNATES
- . . . 4 servings of FRUITS and VEGETABLES
- . . . 4 servings of BREADS and CEREALS

One serving of MILK and MILK PRODUCTS would be equivalent to one 8-ounce cup of whole milk. the MILK GROUP of the BASIC FOUR includes other MILK products such as cheese, ice cream, and yogurt. A 1-ounce piece of Cheddar-type cheese, a cup of yogurt, or 1 1/2 cups of cottage cheese have about the same amount of calcium as 1 cup of milk and are considered one serving.

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.

One serving of FRUITS and VEGETABLES would be 1/2 cup of vegetable or fruit, or a portion as ordinarily served, such as 1 medium orange or potato, or half a medium grapefruit or cantaloupe.

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. Determine the number of servings of each food group that you normally eat on your DIET PLAN. Do you get the recommended number of servings from the BASIC FOUR FOOD GROUPS?

- _____ servings of MILK and MILK PRODUCTS
- _____ servings of MEAT and MEAT ALTERNATES
- _____ servings of FRUITS and 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? _____