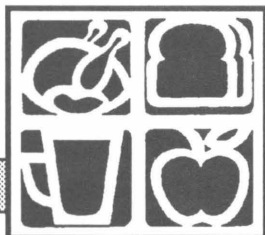


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The Four Food Groups - Food For Fitness

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Virginia Tech

Meal Planning

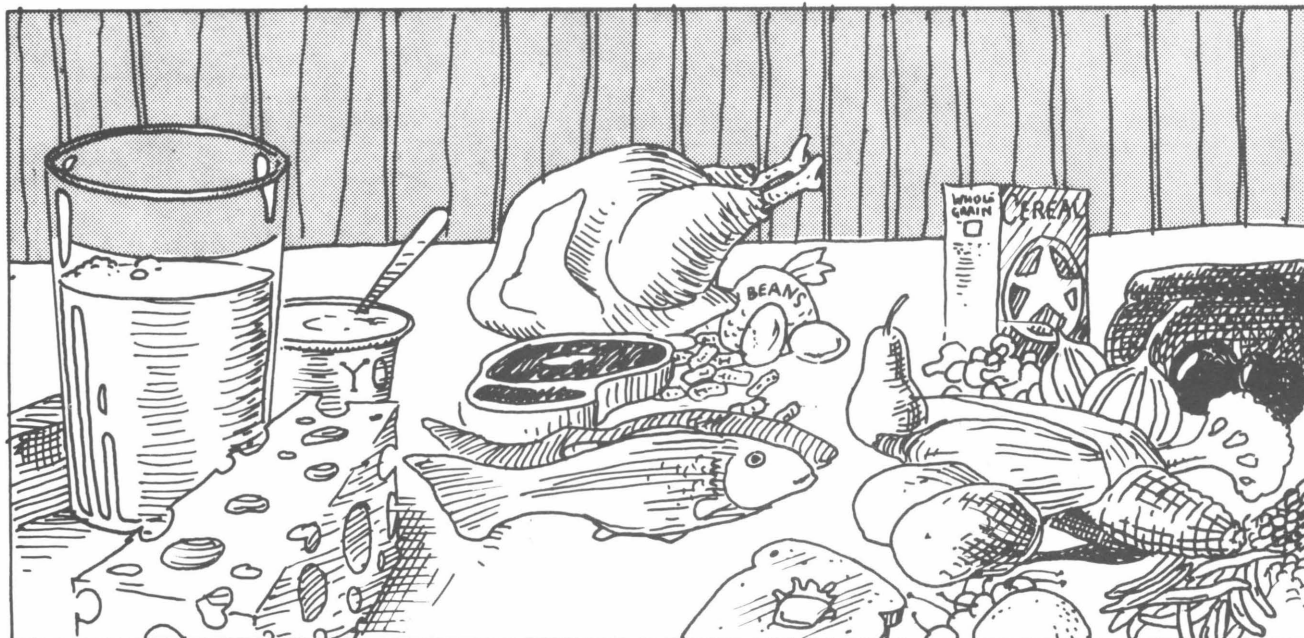
Food guides are a simple way to select foods for meals and snacks. The Food For Fitness Guide contains four food groups. The four groups are: milk foods, meat and meat alternates, fruits and vegetables, breads and cereals.

- Include some good quality protein at each meal (milk and meat groups).
- The (2-2-4-4) adult recommendations means 2 servings of milk, 2 servings of meat or meat alternates, 4 servings of breads or cereals and 4 servings of fruits and vegetables.
- The recommendations of the BASIC FOUR for the adult provides about 1200 calories. This is the basis of a good reducing diet for a person doing average work. More calories are needed for a hard-working person.
- The body needs about 40 nutrients for health and growth. Some of these nutrients are calcium, iron, the B vitamins (thiamin, niacin, and riboflavin), Vitamin A, Vitamin C, Vitamin D, and protein.
- Select foods to provide these nutrients. First, learn to know what foods are in each basic food

group. Second, learn the number of servings needed daily from each basic food group. Third, learn the recommended serving sizes. Be selective. Choices count.

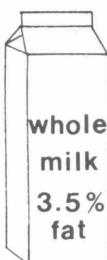
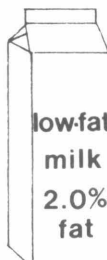
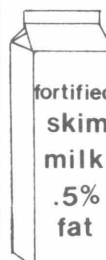

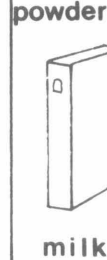






Other Tips

- Foods need to be selected for iron content. Good choices are dark green and orange fruits and vegetables; enriched or whole grain breads and cereals; and dried beans and meats, especially liver.
- Some foods contribute only a few of the over 40 nutrients needed for health and growth. Read labels to figure the nutritive contributions.
- Use the basic four food groups as a guide for selecting foods for meals and snacks.
- Notice these basic food groups do not include many good high calorie foods made with fat and sugars. *These are extras that can be used to control your weight.*
- Teach children how to make choices from the four food groups.



THE FOUR

MILK

 whole milk 3.5% fat	 low-fat milk 2.0% fat	 fortified skim milk .5% fat	 butter milk .5% fat	 powdered milk	 evaporated milk	 tofu	 cheese	 ice cream ice milk	 cottage cheese	 yogurt
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Tofu can be counted in this group for those who eat no dairy products.


































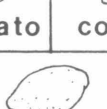



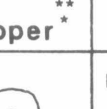

















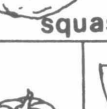
Calcium
Vitamin A
Vitamin B
Vitamin D
Protein

2

4

Vitamin A
Vitamin C
Iron

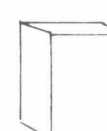








VEGETABLES—FRUITS

 apple	 apricot **	 asparagus	 avocado	 banana	 beet	 berries *	 breadfruit
 broccoli **	 brussels sprouts **	 cabbage *	 cantaloupe **	 carrots **	 cauliflower	 celery	 cherries
 coconut	 corn	 cucumbers	 dates	 eggplant	 figs	 grapefruit *	 guava *
 irish potato	 green beans	 green pepper **	 lima beans	 mango **	 okra	 grapes	 peach
 sweet potato **	 lemon *	 seaweed	 lettuce	 greens **	 squash	 onions	 orange *
 papaya *	 pear	 passion fruit *	 pineapple	 pumpkin **	 raisins	 starfruit	 prune
 tangerine *	 tomato *	 peas	 pumpkin **	 pumpkin **	 pumpkin **	 watermelon	 won ton

*Vitamin C










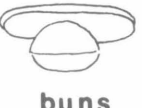

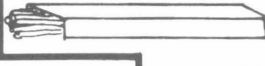













**Vitamin A

SUGARS

 cornstarch	 preserves	 cola	 pancake syrup	 corn syrup	 honey	 molasses	 sugar	 candy
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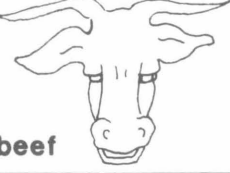



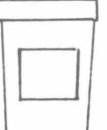







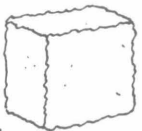
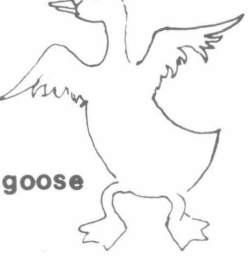
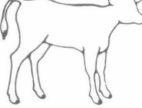




FOOD GROUPS

BREADS—CEREALS†

 bagel	 popcorn	 enriched rice	 biscuit	 muffin	 roll	 pizza crust	 barley	 corn bread	 buns	 saimin
 spaghetti	 noodles	 enriched flour	 tortilla	 crackers enriched or graham	 cornmeal	 macaroni	 oatmeal	 pancakes	 waffle	 grits
 bread	 cereal	 wheat germ								

†Dumplings, pies, cakes, cookies, and other products made from grains and cereals can count in this group if they are made from enriched or whole grains or cereals.

MEAT—POULTRY-FISH (eggs, dried beans and nuts)

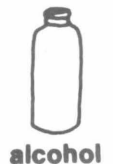
<p>Vitamin B Iron</p> <p>4</p> <p>2</p> <p>Vitamin B Iron Protein</p>	 lunch meat	 fish	 hotdog	 ham	 duck	
	 liver		 chicken	 beef	 salmon	
	 eggs	 nuts	 peanut butter	 sausage	 lamb	 turkey
	 wild birds	 rabbit	 deer	 shellfish	 tofu	 goose
 veal	 squirrel	 pork	 beans‡			
 tuna						

‡Included in the bean group are: navy beans, pinto beans, kidney beans, blackeye peas, soybeans, dried lima beans, Great Northern beans, chick peas, split peas, and lentils.

FATS

 mayonnaise	 butter	 margarine	 vegetable oil	 sour cream	 whipping cream	 shortening
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ALCOHOL



alcohol

Food for Fitness—The Recommendations

Fruits and Vegetables

Vitamin A & C Foods

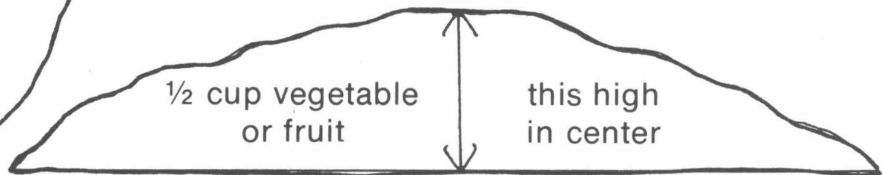
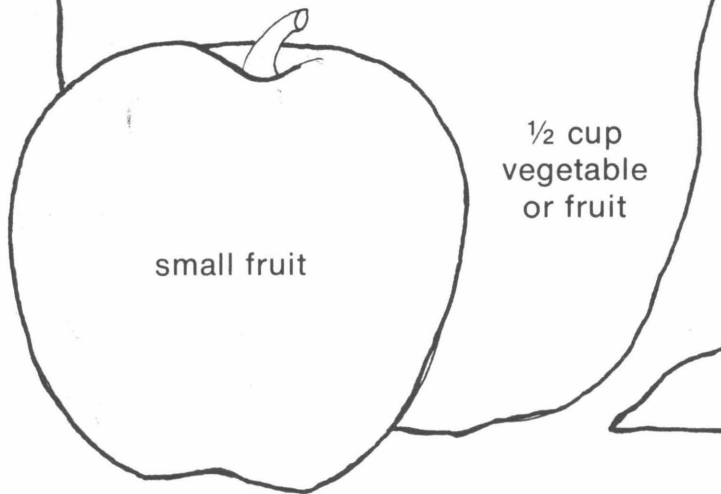
4 servings

Include:

- a citrus fruit, papaya, or other vitamin C source daily.
- a dark-green or deep-yellow vegetable for vitamin A at least every other day.
- other vegetables and fruits, including potatoes.

One serving =

½ cup of vegetable or fruit (fresh, frozen, or canned); a 2 to 3 inch apple, orange, or potato; a 6-inch banana; half a medium grapefruit or cantaloupe; ⅓ of a papaya; or ½ cup juice.



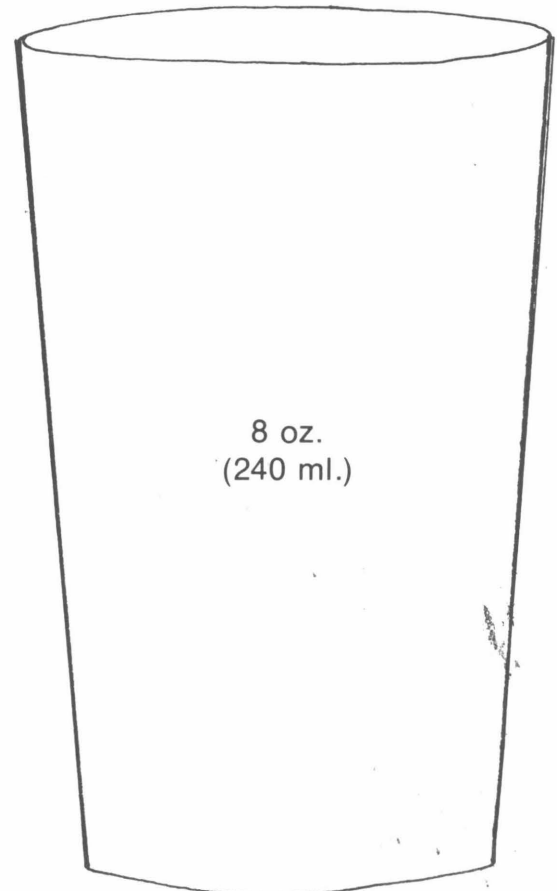
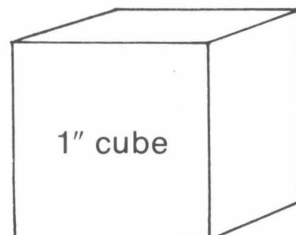
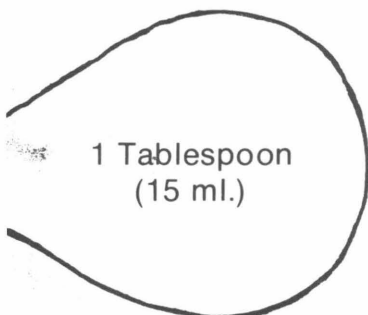
Milk Foods

Calcium Foods

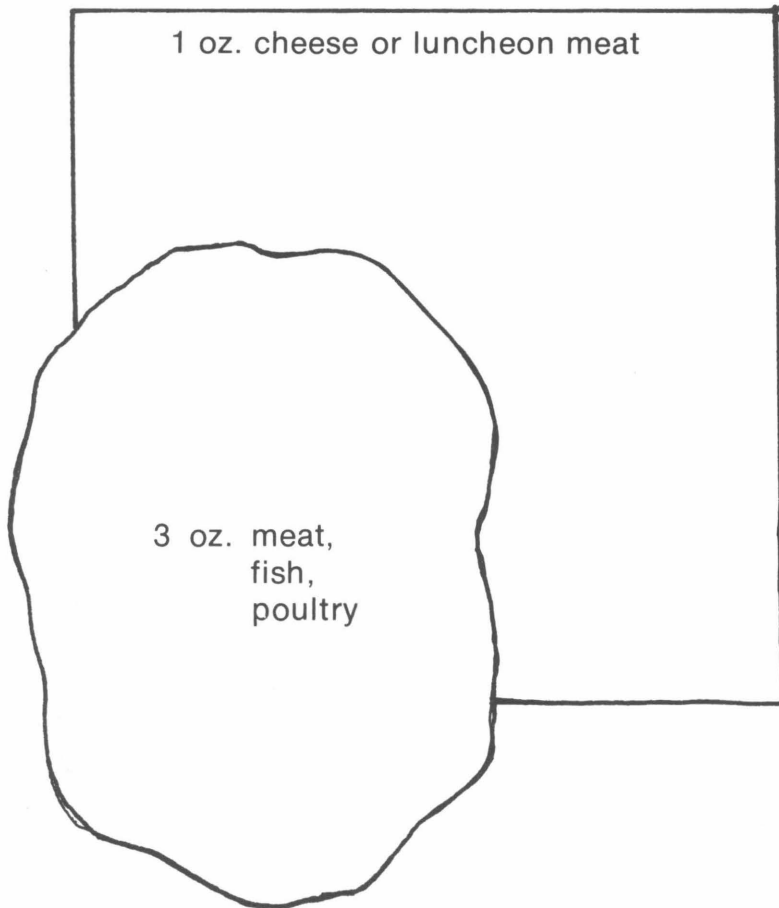
Children	2 to 3 servings
Adults	2 servings
Pregnancy	3 servings

One serving =

8 oz. milk (whole, 2%, buttermilk or skim), 4 oz. evaporated milk, 2 one-inch cubes or 2 oz. of cheese, 1½ cups cottage cheese, 1½ cups ice cream, ½ block tofu, 8 oz. yogurt.



Four Food Groups and Servings



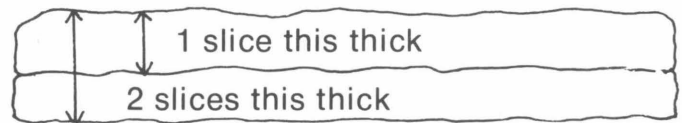
Meat and Meat Alternates

Protein Foods

2 servings

One serving =

2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 2 eggs, 1 cup cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter; ¼ block tofu.



3 oz. meat, fish, poultry

Breads and Cereals

B Vitamin Foods

4 servings

(enriched or whole grain)

One serving =

1 slice of bread; 1 ounce ready-to-eat cereal; ½ to ¾ cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

