

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

• VIRGINIA'S LAND GRANT UNIVERSITIES

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THE BASIC FOUR	1 3	2 4	WHAT IS THE MINIMUM AMOUNT A NORMAL ADULT NEEDS DAILY?	HOW DO YOU MEASURE UP?
	5			Look back at your menu planning sheets or keep a tally of your Basic 4 intake for three days.
FOOD GROUP	NO. OF SERVINGS		ONE SERVING IS:	No. of servings for Day 1, 2, 3.
1 MILK	TWO		8 oz. milk (skim) 8 oz. plain yogurt 1/2 cup cottage cheese 1 oz. cheese	MILK <input type="text"/> <input type="text"/> <input type="text"/>
2 MEAT	TWO		1 oz. meat, fish, poultry 1 egg or two egg whites 1/4 cup cottage cheese or 1 oz. cheese 1/2 cup cooked beans	MEAT <input type="text"/> <input type="text"/> <input type="text"/>
3 FRUIT AND VEGETABLES	FOUR		2 fruits--1 citrus 1/2 cup 2 vegetables--1 dark green or yellow	FRUIT <input type="text"/> <input type="text"/> <input type="text"/> VEGETABLE <input type="text"/> <input type="text"/> <input type="text"/>
4 BREADS AND CEREALS	FOUR		1/2 cup cooked grain product 3/4 cup dry cereal product 1 slice bread	BREAD <input type="text"/> <input type="text"/> <input type="text"/>
5 FATS AND OILS	THREE		1 tsp. margarine 1 tsp. vegetable oil 1 tsp. regular salad dressing	FAT <input type="text"/> <input type="text"/> <input type="text"/>
1 2 0 0 -- 2 8 0 0 CALORIES				

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