



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 to 3 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 6 to 11 servings every day.

ONE SERVING IS:

**1/2 CUP COOKED OR CANNED
— 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 to 5 servings every day.

ONE SERVING IS:

15–45 calories

4 oz. grapefruit juice
¾ 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
½ banana
½ medium cantaloupe
10 large cherries
¾ c. berries (red, blue or black)
¾ c. watermelon
1 orange
4 oz. orange juice
¾ c. papaya
2 medium plums
¾ c. pineapple
½ c. unsweetened applesauce
½ grapefruit

80 or more calories

6 oz. apple juice
6 oz. cider
6 oz. grape juice
½ medium mango
1 pear
6 oz. pineapple juice
6 oz. prune juice
4 apricot halves (dried)
½ c. sweetened applesauce
½ c. dates
½ c. fruit cocktail
½ c. figs
½ c. cooked prunes
¾ c. grapes
¼ c. raisins

HIGH

VITAMIN A
apricots
cantaloupe
peaches
watermelon

WHY EAT FRUITS? VITAMIN C, VITAMIN A AND FIBER

FRUITS

Eat 2 to 4 servings every day.

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