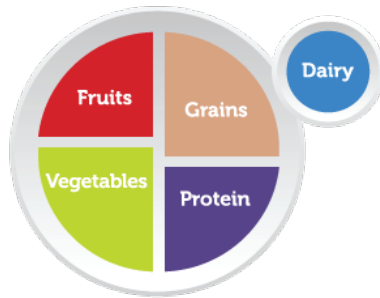


Food for Fuel



To complete this worksheet, think about the foods you ate yesterday for breakfast, lunch and dinner, including snacks. Find the foods you ate in each category and mark the amount. For example, if you had two slices of bread, mark "2 ounces" in the "Grains" section.

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	Milk Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, rice, crackers, or pasta every day</p> <p>1 oz is about 1 slice of bread, 1 cup of cold breakfast cereal, or 1/2 cup of cooked cereal, rice, or pasta</p> <p>Eat cereals fortified with vitamin B12</p>	<p>Eat more dark-green veggies, like broccoli, salad greens, and cooked greens.</p> <p>Eat more orange vegetables, such as carrots and sweet potatoes</p> <p>Eat more dried beans and peas, like pinto, black, or kidney beans and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Eat fruit rather than drinking juice for most of your fruit choices</p>	<p>Choose low-fat or fat-free milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake, broil, or grill</p> <p>Vary your protein sources include eggs, beans, fish, and nuts/seeds</p>
Eat 6 oz. every day	Eat 2½ cups every day	Eat 1½ cups every day	Eat 3 cups every day	Eat 5 oz. every day

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov

Source: MyPlate.gov

How much food did you eat in each category?

Grains: _____

Milk: _____

Vegetables: _____

Meat & Beans: _____

Fruits: _____



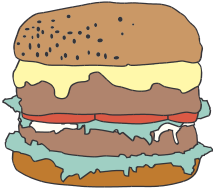
Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Source: MyPlate.gov

Do We Eat Too Much?

According to the Journal of American Medical Association one third of the people in America are obese. This is due to what and how much people eat.



Many restaurants have large servings and people are choosing to eat larger amounts of food. Food used to be served in small quantities. Now it is dished out in huge quantities, such as triple cheese burgers, super size french fries, large pizzas and extra large drinks.



In addition, people seem to eat what is put in front of them. The most popular restaurants are those that serve large portions. Instead of taking part of the serving home, many people clean their plates. This causes them to eat more than they need or want.



Discuss the following:

1. Name three restaurants that serve large portions.
2. How do fast food restaurants advertise their food?
3. Do you usually eat more than you need when you go out to eat?
4. How healthy are the eating habits of the American public?
5. How healthy are your eating habits?