

Nourishing Food Groups

Grains



Foods

- Pasta, rice, cereal, bread, tortillas, oatmeal, crackers, pancakes, waffles, muffins

Functions

- The body's main source for energy
- B-vitamins to support healthy metabolism
- Fiber to promote healthy bowel function

1 Portion

- 1 slice of bread, a 6-inch tortilla, ½ cup of rice, pasta, or oatmeal, 1 oz dry cereal, 1 oz crackers

Foods

- Poultry, fish, pork, beef, eggs, beans, tofu, soybeans nuts, peanut butter, lentils

Functions

- Building blocks for enzymes, cells and organs
- Tissue and muscle building

1 Portion

- 1 egg, 1 oz of meat, poultry or fish, ¼ cup of beans or lentils, ½ oz of nuts or seeds, 1 tbsp peanut butter

Protein



Fruit



Foods

- Raw, cooked, canned, frozen, or dried fruit

Functions

- Carbohydrate used for energy
- Fiber
- Provides vitamins, minerals, and antioxidants

1 Portion

- 1 cup of raw or cooked fruit or ½ cup dried fruit

Dairy



Foods

- Milk, yogurt, cheese, cottage cheese, ice cream, pudding

Functions

- Source of calcium and vitamin D to build strong bones and teeth

1 Portion

- 1 cup of milk or yogurt, 1 ½ oz of hard cheese, handful of shredded cheese, 2 cups cottage cheese, 1 cup pudding, 1 ½ cup ice cream

Foods

- Raw or cooked vegetables, leafy greens, 100% vegetable juice

Functions

- Provides vitamins, minerals, and antioxidants
- Fiber

1 Portion

- 1 cup of raw or cooked vegetables, 2 cups of leafy greens, 1 cup of 100% vegetable juice

Vegetables



Fats and Oils



Foods

- Cooking oils, butter or margarine, mayonnaise, salad dressings, avocado, nuts, peanut butter

Functions

- Provides long lasting energy
- Source for essential fatty acids
- Provides structure for cell walls

1 Portion

- 1 tsp of oil, butter, or margarine, ½ avocado, 2 tbsp's of salad dressing, peanut butter, or guacamole, ½ oz of nuts