

#4 Food Groups To Encourage



Goals:

- 1) Consume 2 cups of fruit & 2 ½ cups of vegetables per day while staying within energy needs. In particular, select from all five vegetable subgroups several times a week.
- 2) Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of recommended grains coming from enriched or whole-grain products. In general, at least half of the grains should come from whole grains.
- 3) Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

**Aim for 4½ cups of fruits and vegetables per day:
4 servings of fruit + 5 servings of vegetables**

Here are some general guidelines about what counts as a serving.



1 medium-sized piece of fruit (e.g. banana, apple, orange, pear)



1 cup raw, leafy vegetables (e.g. lettuce, spinach) or salad



1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices



1/2 cup cooked or canned vegetables



3/4 cup (6 fluid ounces) 100% fruit juice



3/4 cup (6 fluid ounces) 100% vegetable juice



1/4 cup dried fruit (e.g. raisins, dried apricots, prunes)



1/2 cup cooked or canned beans, peas or lentils

Remember: Some is better than nothing! Set your goal low and work up to 4 ½ cups (or 9 servings) per day.

Follow the Rainbow

Fruits & vegetables contain compounds called **phytochemicals** that reduce the risk of developing cancer and heart disease! Phytochemicals are what give fruits & vegetables their color. Eat a variety of colors every day to get the most benefits!

Blue/Purple

Lowers risk of some cancers
Urinary tract health
Maintains memory function
Healthy aging

Green

Lowers risk of some cancers
Vision health
Strong bones & teeth

White

Heart health
Maintains cholesterol levels
Lowers risk of some cancers

Red

Heart health
Memory function
Urinary tract health
Lowers risk of some cancers

Yellow/Orange

Heart health
Vision health
Healthy immune system
Lowers risk of some cancers

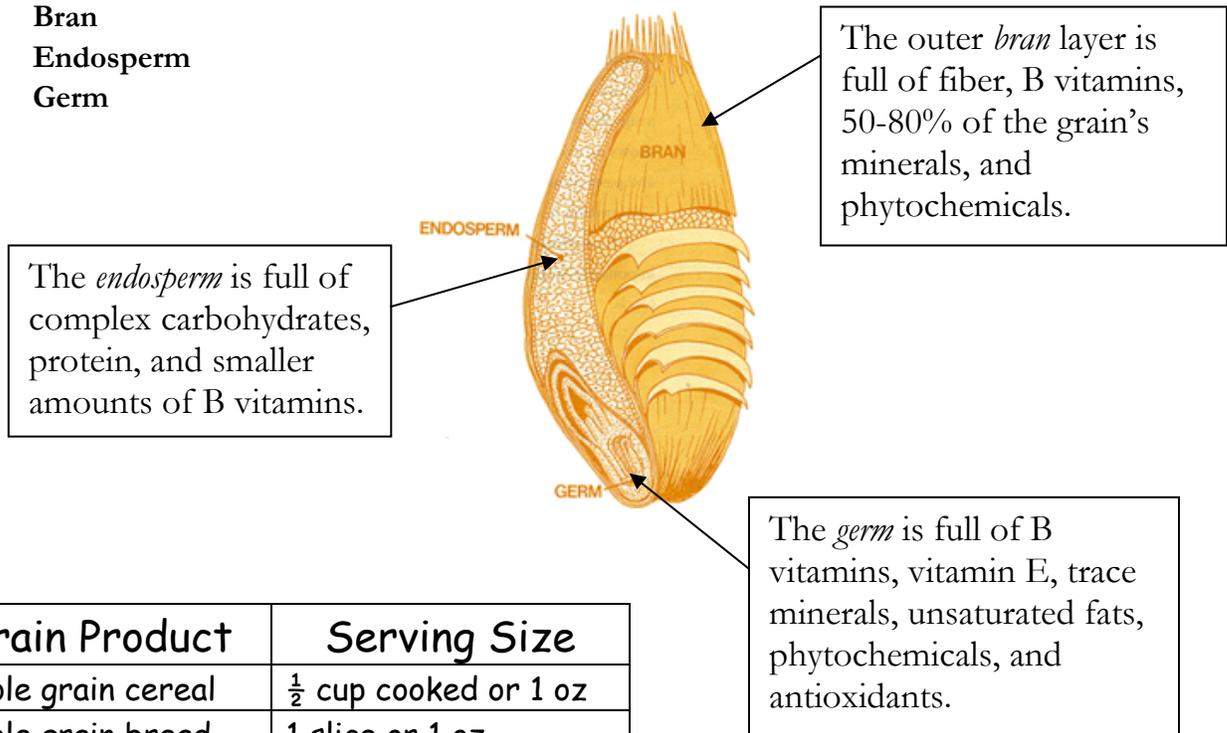
To find the nutritional information of your favorite fruits & vegetables, visit this website for a complete breakdown of calories, fiber, vitamins, and minerals:
http://www.dole5aday.com/ReferenceCenter/NutritionCenter/Chart/R_NutrChart.jsp

Whole Grains

What are “whole grains”?

Whole grains contain all three parts of the grain:

- Bran
- Endosperm
- Germ



Grain Product	Serving Size
Whole grain cereal	$\frac{1}{2}$ cup cooked or 1 oz
Whole grain bread	1 slice or 1 oz
Popcorn	3 cups
Whole grain crackers	5-7 small or 1 oz
Whole grain bagel	$\frac{1}{2}$ or 1 oz
Brown Rice	$\frac{1}{2}$ cup cooked
Whole grain pasta	$\frac{1}{2}$ cup cooked

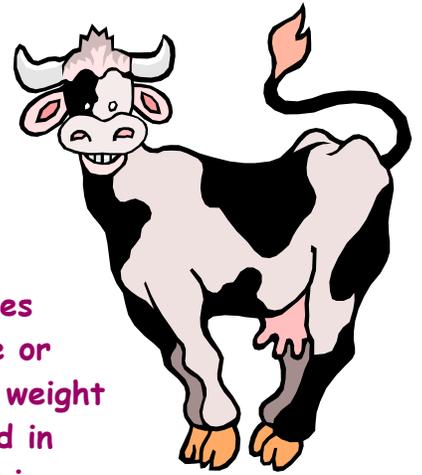
At least 50% of your grain intake should be from “whole” grains. That’s only ≥ 3 servings!

Phrases to watch out for:

- “100% wheat”: wheat is the only grain contained, but not necessarily whole
- “Multigrain”: contains more than one kind of grain, but not necessarily whole
- “Stone ground”: coarsely ground grain that contains the germ, but not the bran
- “Pumpernickel”: rye + wheat flour, usually does not contain the whole grain

Tip: Look for “whole” grain as the *first* ingredient in a product.
(Color is not a good indicator.)

Dairy = 3-a-day



A growing body of research shows that when cutting calories to lose weight, including 3 servings of low-fat milk, cheese or yogurt each day helps people burn more fat and lose more weight than just cutting calories alone. The mix of nutrients found in dairy foods, especially calcium, may be responsible for helping the body break down and burn fat. Calcium supplements do not show the same effect.

1 Serving = 1 cup of milk or yogurt, 1 ½ ounces of cheese

Dairy is a good source of Protein, Vitamin A, Pantothenic Acid, Potassium and Selenium, and a very good source of Vitamin D, Riboflavin, Vitamin B12, Calcium and Phosphorus.

Lactose Intolerant?

- **Start small.** Try small, frequent portions of milk and milk products. This allows whatever amount of lactase enzyme you have in your system to do its job of digesting the lactose without getting "overloaded."
- **Pair the dairy.** Solid foods slow down the digestive process and allow your body more time to digest the lactose-which helps decrease or eliminate symptoms.
- **Older is wiser.** Aged hard cheeses, such as Cheddar, Colby, Swiss and Parmesan, are particularly low in lactose and easy to digest.
- **Get a little "culture."** Yogurt is usually easily tolerated, especially varieties with "live, active cultures." These friendly bacteria help digest the lactose for you.

Eating at least 3 servings of dairy per day reduces your risk for obesity, hypertension, colon cancer, type 2 diabetes, heart attack, and stroke.

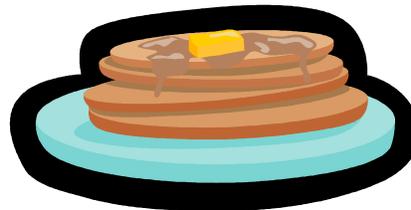
Food Group Recipes

Whole Wheat Oatmeal Pancakes

Source: Brooke Fredrickson

Ingredients:

1 c whole wheat flour
1 c oatmeal
2 t baking powder
½ t baking soda
2 eggs
1½ c buttermilk
¼ c canola oil



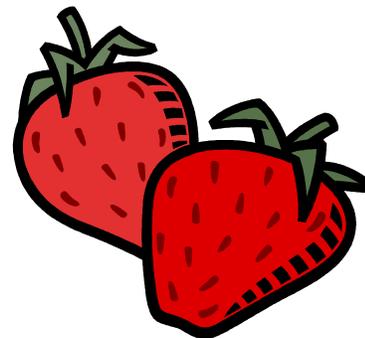
Procedure: Mix dry ingredients together. Add eggs, oil & buttermilk. Stir. Heat griddle or pan to medium and coat with non-stick spray. Pour ¼ cup of batter onto surface and cook until golden brown. Serve with low-calorie maple syrup or yogurt and fresh fruit.

Spinach Strawberry Salad

Source: NDSU Extension Service

Ingredients:

6 cups fresh torn spinach
½ teaspoon toasted sesame seeds
2 cups fresh strawberries
¼ cup canola or sunflower oil (not olive oil)
2 tablespoon vinegar
1 ½ tablespoon sugar
½ teaspoon dried dill weed
⅛ teaspoon onion powder
⅛ teaspoon garlic powder
⅛ teaspoon dry mustard



Procedure:

Wash and tear spinach. Place in a large bowl and sprinkle with sesame seeds. Wash and cut strawberries in half and add. Combine remaining ingredients in a jar with a tight lid; shake well. Pour dressing over mixture in bowl and toss gently. Makes 8 servings.

Cheesy Spinach Bagel Bites

Source: American Dairy Association

Ingredients:

- 4 one-day-old bagels
- 4 cups fresh spinach, stems removed, chopped
- 1 cup shredded provolone cheese
- 3/4 cup shredded part-skim Swiss cheese
- 1/3 cup minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg



Procedure:

Preheat oven to 375°F. Split bagels in half horizontally. With a grapefruit spoon, hollow out some of the bread. Place spinach in microwavable bowl; sprinkle lightly with water. Cover loosely and microwave on high until spinach is wilted, about 1 minute, 20 seconds. Remove and drain well. Combine spinach, cheeses and remaining ingredients, except bagels. Place bagel shells on foil-lined baking sheet. Place about 1/4 cup cheese mixture on each bagel. Bake bagel until cheese has melted and edges are lightly toasted, about 8 to 10 minutes. Cut each bagel half into quarters to make a total of 32 pieces. Makes 8 servings.

Free Dietary Guidelines 5-day Menu

Visit <http://www.3aday.org/yourhealth/guidelines.asp> and click on **5-Day Meal Planner (Meal Plan)** for a complete printer-friendly 5-day menu that meets the recommendations of the new dietary guidelines. Nutritional information is also included!

For more information on fruits & vegetables, whole grains, and dairy, please visit these websites:

- www.5aday.com
- www.eatright.org
- www.3aday.org