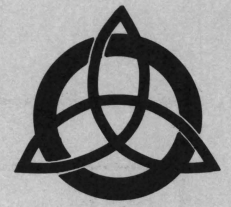


HOME ECONOMICS GUIDE



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The Four Food Groups Food For Fitness

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Meal Planning

Food guides are a simple way to select foods for meals and snacks. The Food For Fitness Guide contains four food groups. The four groups are: milk foods, meat and meat alternates, fruits and vegetables, breads and cereals.

- Include some good quality protein at each meal (milk and meat groups).
- The (2-2-4-4) adult recommendations means 2 servings of milk, 2 servings of meat or meat alternates, 4 servings of breads or cereals and 4 servings of fruits and vegetables.
- The recommendations of the BASIC FOUR for the adult provides about 1200 calories. This is the basis of a good reducing diet for a person doing average work. More calories are needed for a hard-working person.
- The body needs about 40 nutrients for health and growth. Some of these nutrients are calcium, iron, the B vitamins (thiamin, niacin, and riboflavin), Vitamin A, Vitamin C, Vitamin D, and protein.
- Select foods to provide these nutrients. First, learn to know what foods are in each basic food group. Second,

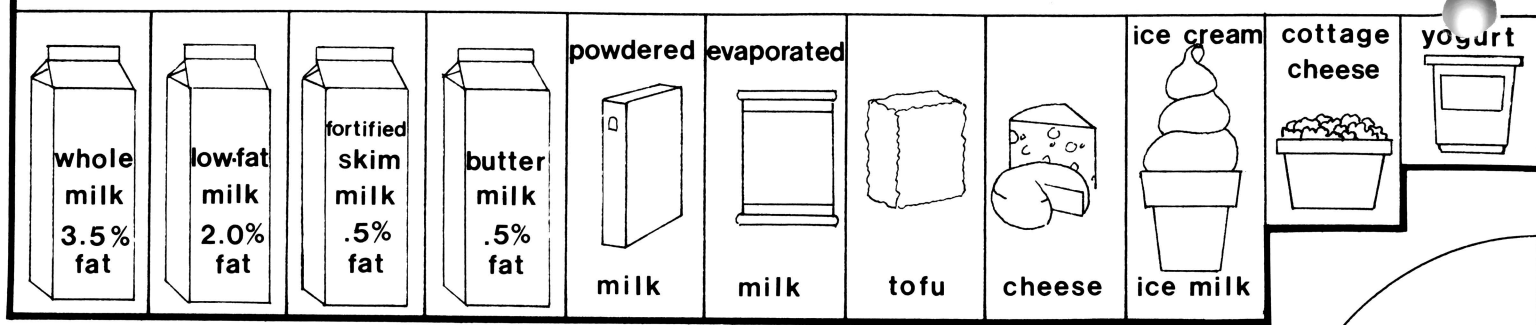
learn the number of servings needed daily from each basic food group. Third, learn the recommended serving sizes. Be selective. Choices count.

Other Tips

- Foods need to be selected for iron content. Use Home Economics Guide 1902, *Iron In The Body*, to check iron intake.
- Include some fat each day either from the milk or meat groups or from fat added to foods.
- Some foods contribute only a few of the over 40 nutrients needed for health and growth. Read labels to figure the nutritive contributions.
- Use the basic four food groups as a guide for selecting foods for meals and snacks.
- Notice these basic food groups do not include many good high calorie foods made with fat and sugars. *These are extras that can be used to control your weight.*
- Teach children how to make choices from the four food groups.

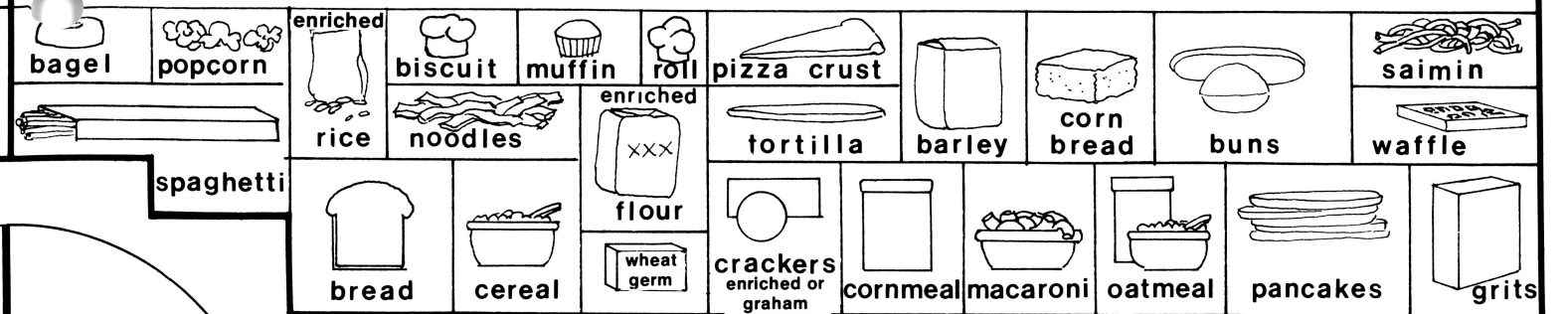
THE FOUR FOOD GROUPS

MILK



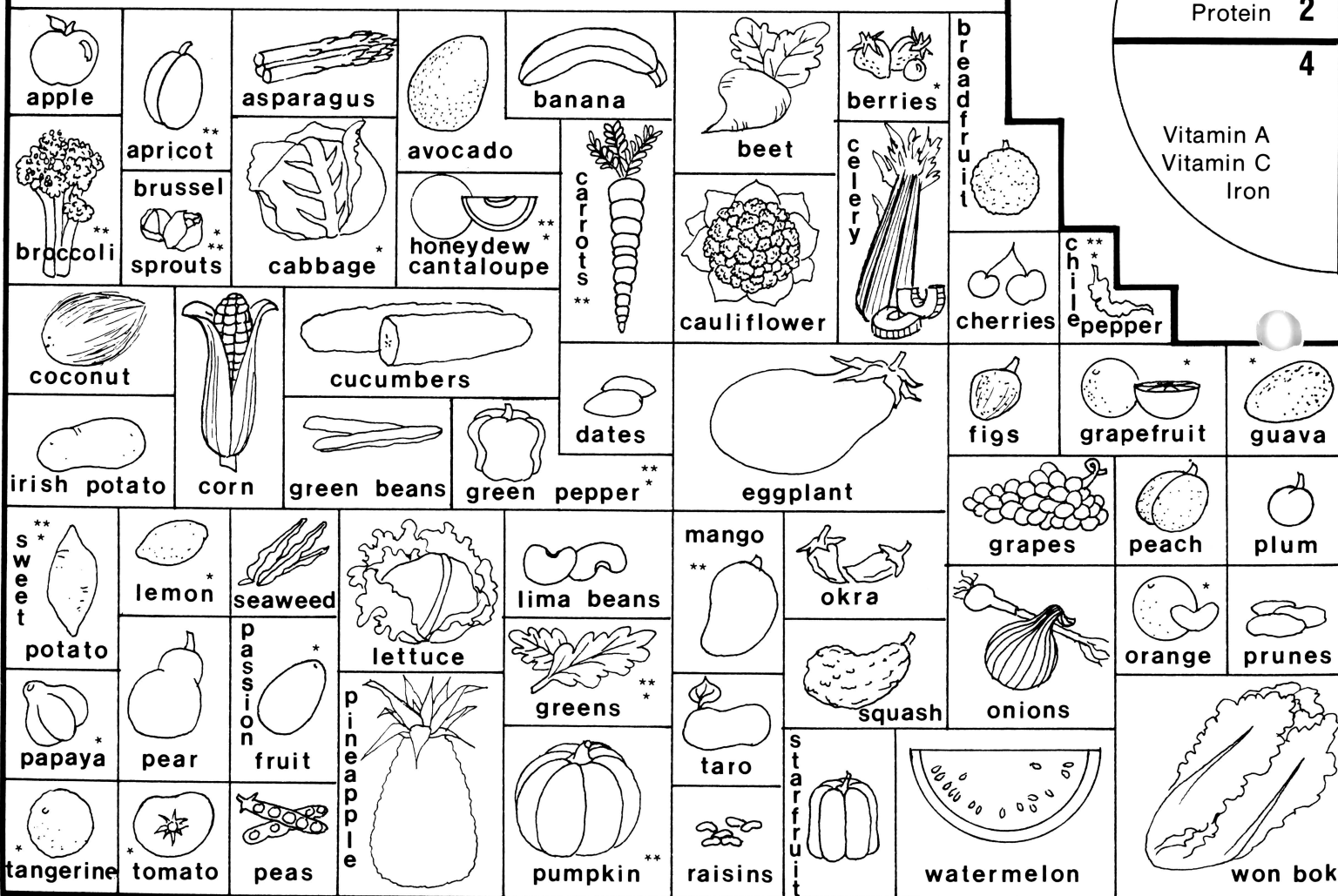
Tofu can be counted in this group for those who eat no dairy products.

BREADS—CEREALS†

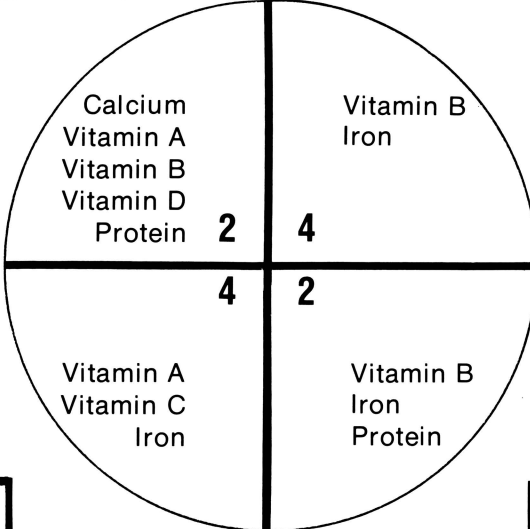


†Dumplings, pies, cakes, cookies, and other products made from grains and cereals can count in this group if they are made from enriched or whole grains or cereals.

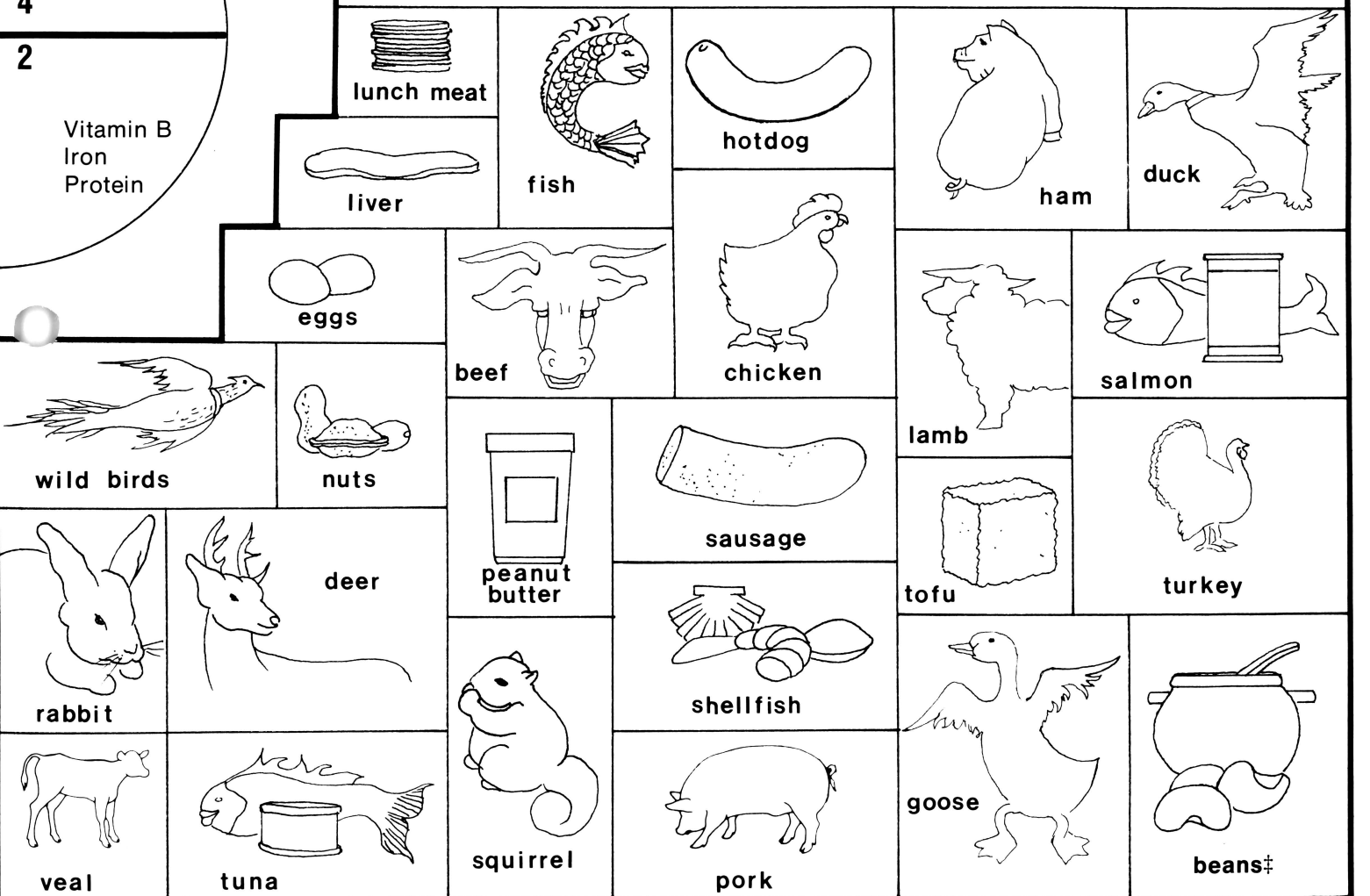
VEGETABLES—FRUITS



*Vitamin C **Vitamin A

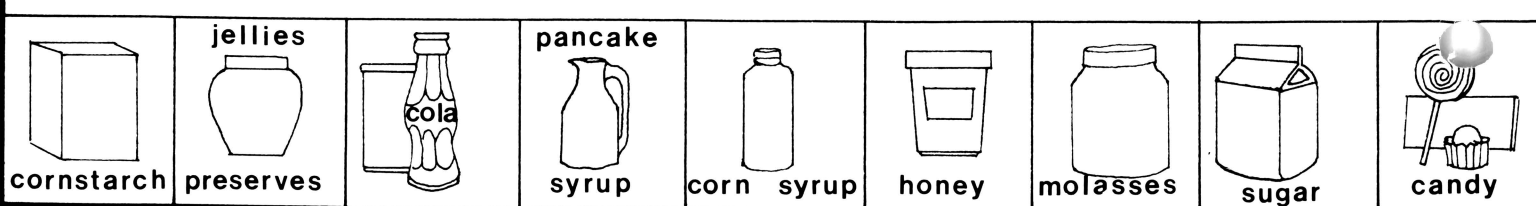


MEAT—POULTRY-FISH (eggs, dried beans and nuts)



‡Included in the bean group are: navy beans, pinto beans, kidney beans, blackeye peas, soybeans, dried lima beans, Great Northern beans, chick peas, split peas, and lentils.

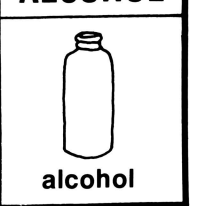
SUGARS



FATS



ALCOHOL



Check The Foods You Eat

1. After you are familiar with the four food groups, list the foods you eat in the left column below.
2. Record the number of servings of each food under the appropriate food group.
3. Find out how many servings are needed daily from each food group for yourself and for each family member. (back page). Compare these with how many you had.
4. How do you measure up? Did you meet your recommended serving pattern?
5. Do you need to add foods? Do you need to cut down?

FOODS	MILK	MEAT AND ALTERNATES	FRUITS & VEGETABLES			BREADS & CEREALS	EXTRAS	
			VIT. A	VIT. C	OTHER		FATS	SUGARS
Morning								
Noon								
Evening								
TOTAL SERVINGS								

Food for Fitness—The Four Food Groups Recommended Servings

Fruits and Vegetables

Vitamin A & C Foods

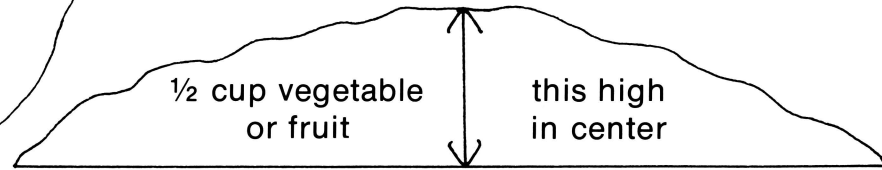
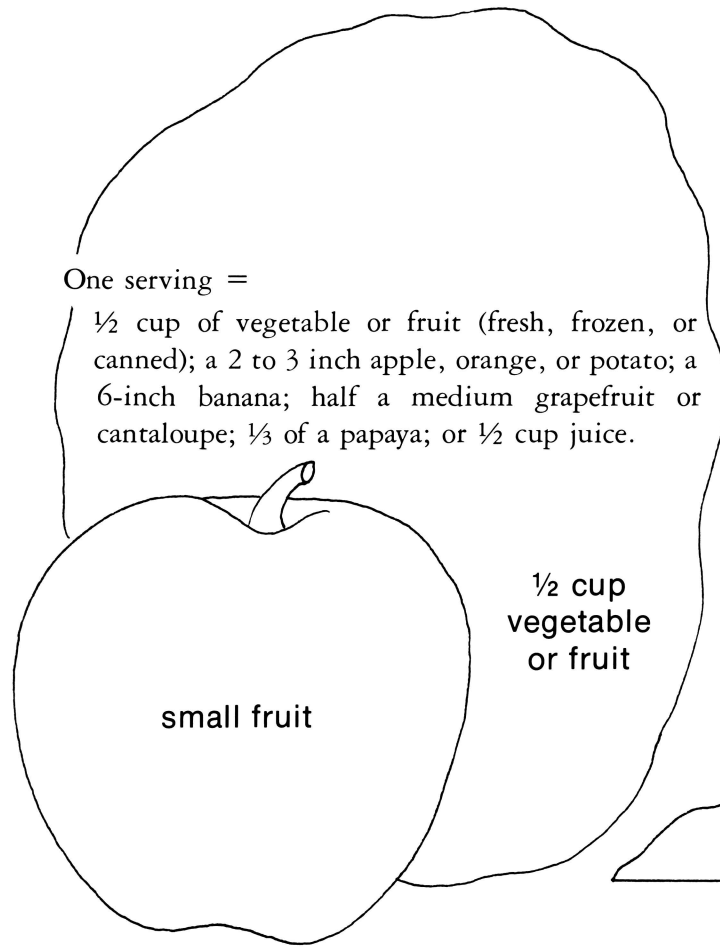
4 servings

Include:

- a citrus fruit, papaya, or other vitamin C source daily.
- a dark-green or deep-yellow vegetable for vitamin A at least every other day.
- other vegetables and fruits, including potatoes.

One serving =

½ cup of vegetable or fruit (fresh, frozen, or canned); a 2 to 3 inch apple, orange, or potato; a 6-inch banana; half a medium grapefruit or cantaloupe; ⅓ of a papaya; or ½ cup juice.



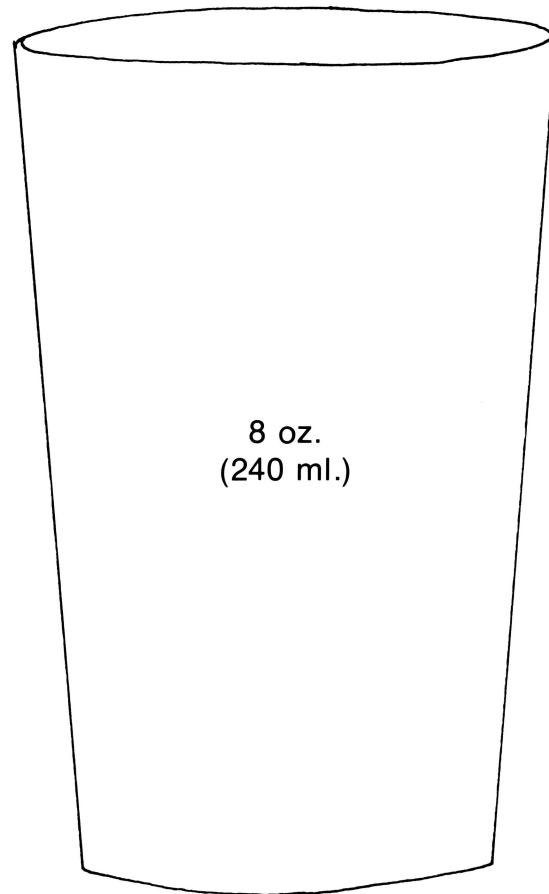
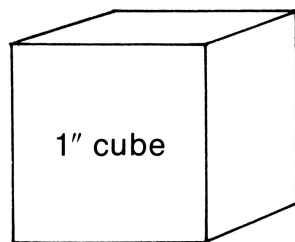
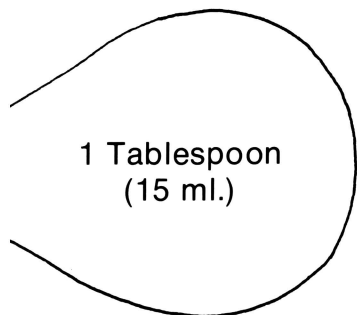
Milk Foods

Calcium Foods

Children 2 to 3 servings
Adults 2 servings
Pregnancy 3 servings

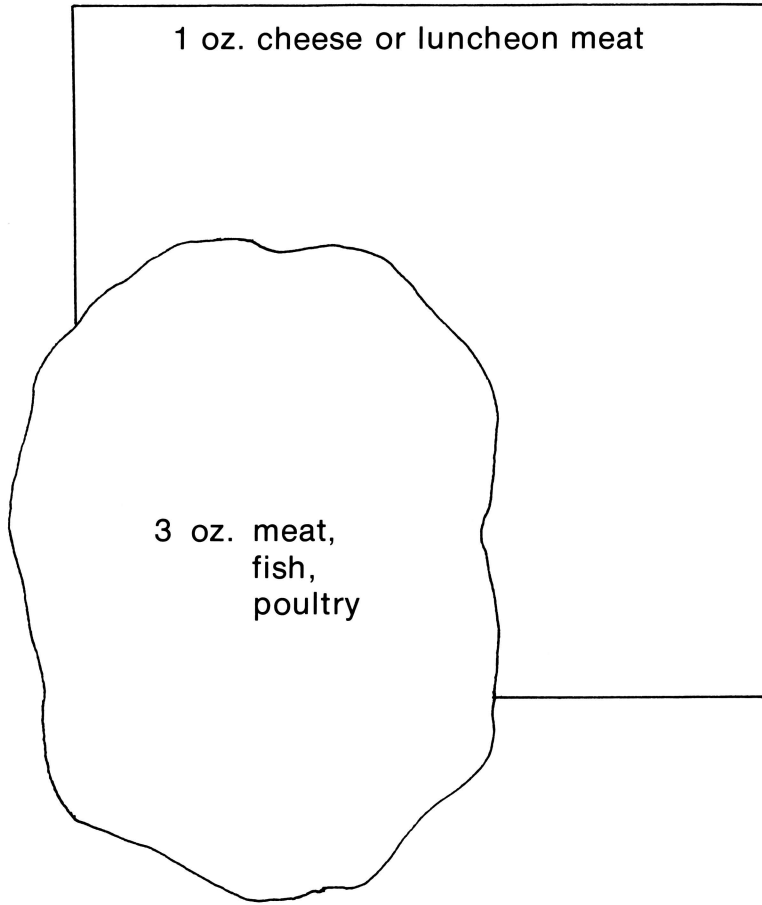
One serving =

8 oz. milk (whole, 2%, buttermilk or skim), 4 oz. evaporated milk, 2 one-inch cubes or 2 oz. of cheese, 1½ cups cottage cheese, 1½ cups ice cream, ½ block tofu, 8 oz. yogurt.



1 oz. cheese or luncheon meat

3 oz. meat, fish, poultry



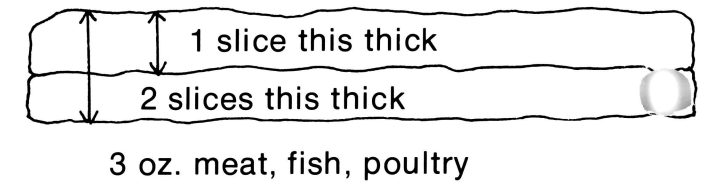
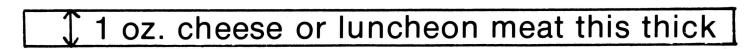
Meat and Meat Alternates

Protein Foods

2 servings

One serving =

2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 2 eggs, 1 cup cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter; ¼ block tofu.



Breads and Cereals

B Vitamin Foods

4 servings

(enriched or whole grain)

One serving =

1 slice of bread; 1 ounce ready-to-eat cereal; ½ to ¾ cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

