

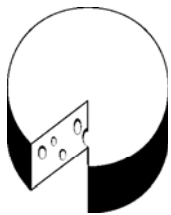
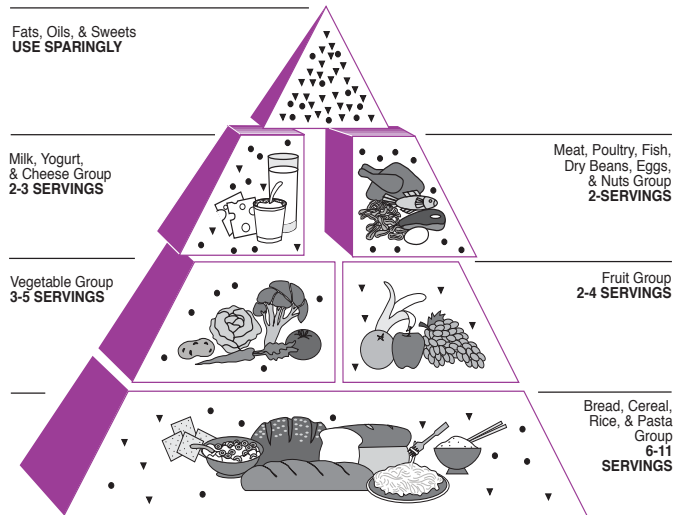


Featuring The Milk, Yogurt & Cheese Group and Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

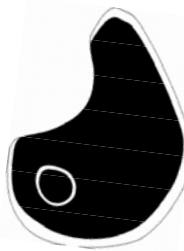
Prepared by Betty Greer, Associate Professor, Family and Consumer Sciences

Food Guide Pyramid A Guide to Daily Food Choices

The Food Guide Pyramid shows a range of servings from the five major food groups. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another, and no one food group is more important than another. For good health, you need them all. Almost everyone should eat **at least** the lowest number of servings from each group. If you are pregnant or breast feeding, try to eat the higher number of daily servings



**Milk, Yogurt and
Cheese Group**
Eat 2 to 3
servings daily



**Meat, Poultry, Fish, Dry Beans,
Eggs and Nuts Group**
Eat 2 to 3 servings
daily = 5-7 ounces

	Servings	Grams of Fat		Servings	Grams of Fat
Skim milk — 1 cup	1	Trace	Meat, poultry and fish	2-3 ozs.	varies
Nonfat yogurt, plain — 8 ounces	1	Trace	(cooked, lean, without bone)		
Low-fat milk, 2 percent — 1 cup	1	5	Egg — 1	1 oz.*	5
Whole milk — 1 cup	1	8	Dry beans and peas, cooked — 1/2 cup (without added fat)	1 oz.*	Trace
Chocolate milk, 2 percent — 1 cup	1	5	Peanut butter — 2 Tablespoons	1 oz.*	16
Low-fat yogurt, plain — 8 ounces	1	4	Nuts — 1/3 cup	1 oz.*	22
Low-fat yogurt, fruit — 8 ounces	1	3	Frankfurter — 1 (8 per pound)	1 oz.*	
Natural cheddar cheese — 1-1/2 ounces	1	14	Bologna — 2 ounces	1 oz.*	16
Process cheese — 2 ounces	1	18			
Ricotta, part skim — 1/2 cup	1	10			
Cottage cheese, 4 percent fat — 1/2 cup	1/4	5			
Ice cream — 1 1/2 cup	1	21			
Ice milk — 1 1/2 cup	1	9			
Frozen yogurt — 1/2 cup	1/2	2			

* (1 ounce = about 1/3 serving)

Nutrition Checklist

Have I included everyday . . . ?

	YES	NO
Fruits and Vegetables (at least 5 servings)	<input type="checkbox"/>	<input type="checkbox"/>
Bread, Cereal, Rice & Pasta (about 6-11 servings)	<input type="checkbox"/>	<input type="checkbox"/>
Milk, Yogurt & Cheese (at least 2 servings)	<input type="checkbox"/>	<input type="checkbox"/>
Meat, Poultry, Dry Beans, Eggs & Nuts (at least 2 servings)	<input type="checkbox"/>	<input type="checkbox"/>
Fats, Sweets (in moderation)	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol (if used at all, only in moderation)	<input type="checkbox"/>	<input type="checkbox"/>



TIPS

Trimming the Fat

Eating less fat is good for your health, especially for your heart and controlling your weight. Here are some easy ways to lower the fat in your meals.

1. Use less butter and margarine.
2. Use skim or low-fat milk. (Children need whole milk until they are 2 years old.)
3. Bake foods instead of frying them.
4. Trim the fat off meats before cooking.
5. Eat cakes, pies and ice cream in small amounts.
6. Use low-fat cheese and low-fat yogurt.

Labels

1. The **kind** of meat is listed first on every label.
2. The **primal (wholesale) cut** tells where the meat came from on the animal.
3. The **retail cut** tells where the meat is from on the primal cut.

Chili Mac (makes 5 servings)

- Ingredients:**
- 1 pound lean ground beef
 - 1 small onion chopped
 - 1 14 1/2 ounce can diced tomatoes or tomato sauce
 - 3 cups hot water
 - 1 cup elbow macaroni
 - 1/2 teaspoon garlic powder
 - 1 teaspoon chili powder

- Method:**
1. Lightly brown the ground beef and chopped onion. Drain off the fat.
 2. Add the diced tomatoes or tomato sauce, hot water and macaroni to the meat mixture. Add garlic powder and chili powder. Stir well.
 3. Cover the pan and simmer about 20 minutes until the macaroni is tender. Stir occasionally to keep from sticking.



How to Cook Dry Beans

Soaking

There are two methods of soaking:

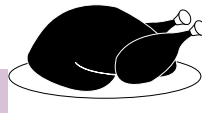
1. Quick Soak — Bring 1 pound of beans (thoroughly washed) and 6 to 8 cups of water to a boil. Cook for 2 minutes. Remove from heat. Cover and let stand for 1 hour.

2. Overnight Soak — Add 6 cups of cold water to 1 pound of dry beans. (3 times as much water as beans.) Let stand overnight.

Cooking

1. Do not drain the water after soaking. Bring beans to a boil. Cover and reduce heat. Simmer until the beans are tender. Here is a general guideline to help you know how long to cook the beans.

- Kidney, pinto and navy beans — 2 hours**
- Small red and small white beans — 1 1/2 hours**
- Lima beans — 1 hour**
- Black-eyed peas — 1/2 hour**



Poultry Buying Guide

How much poultry? The following table indicates how many servings come from one pound of chicken, duck, goose, game hens or turkey.

Poultry	Servings Per Pound*
Whole chicken (broiler-fryer or roaster)	2 servings
Boneless chicken breast	4 servings
Duck, whole	1 serving
Goose, whole servings	1 1/2 - 2
Rock Cornish game hen, whole	1 serving
Whole turkey, bone in	2 servings
Ground turkey	4 servings

* Amounts are based on 2-3 ounces per serving of cooked poultry without bone.

Meat Buying Guide

- How much raw meat should you buy? If you figure about 3 ounces of cooked, lean meat per person, that is about 4 ounces of raw meat.
- For some meats, you will need to consider the amount of bone and fat.



Form of Meat	Servings Per Pound*
Boneless or ground meat	4 servings
Meat with a minimum amount of bone (steaks, roasts, chops, etc.)	2-3 servings
Meat with a large amount of bone (shoulder cuts, short ribs, neck, etc.)	1-2 servings

*Three ounces of cooked, fat-trimmed meat equals one serving.

HOW LONG WILL IT LAST IN THE REFRIGERATOR?

Frozen Food Compartment

TV dinner	3 months
Ground meat	3-4 months
Steak	6-12 months
Pork roast	4-8 months
Beef roast	6-12 months
Whole chicken	12 months

Refrigerator Shelves

Milk	5 days
Eggs	2-3 weeks
Ground meat	1-2 days
Chicken parts	1-2 days
Bacon	1 week
Lunch meat (opened)	3-5 days
Lunch meat (unopened)	2 weeks
Fresh fish	1-2 days
Cooked meat and vegetable casserole	3-4 days

COOKING TIPS

Nonfat Dry Milk Powder

1. To make a quart, measure 1 1/3 cups dry milk powder. Add water to make one quart.
2. To make one cup, measure 1/3 cup dry milk powder. Add water to make one cup.
3. Use dry milk powder in cooking or as a beverage. It tastes best when cold.
4. Add dry milk powder to soups, mashed potatoes and casseroles.

To Make Attractive Meals

Texture: Include soft and crisp

Color: Offer contrast

Shapes: Variety sparks interest

Temperature: Serve hot foods hot and cold foods cold

Flavors: Contrast seasoned with bland foods

Richness: Balance heavy foods with "lite" ones



TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM

This project is funded under an agreement with the Tennessee Department of Human Services in cooperation with Tennessee State University Cooperative Extension Service and Tennessee county coalitions.

HAVE YOU EVER WONDERED . . . ?

if dry-roasted nuts are lower in fat than oil-roasted nuts? An ounce of dry- or oil-roasted nuts has about the same amount of fat and calories — almost 14 fat grams per ounce. Nuts do not absorb much oil when they're roasted. The fat comes from the nuts themselves. Nuts, however, are a good protein source.

Reduce Mealtime Stress

1. Plan meals for several days in advance.
2. Schedule time to prepare several recipes at once and freeze in small packages or make up your own "microwave" dinners.
3. Keep ingredients for quick meals on hand.
4. Include at least one easy dish each meal.
5. Organize your shopping list. Jot down items you run out of.
6. Make your meals and your table look attractive. A single flower promotes tranquility.

References

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For further information on Shopping Smart contact your local Extension office.

04-0231 SP522-C R12-5320-13

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