

# Family Nutrition Guide

Eating is one of life's greatest pleasures. Choosing which foods to eat on a regular basis also can affect your health. The new Dietary Guidelines for Americans (5th edition, 2000) suggests these ABCs for your health and that of your family:

- ▲ **Aim for fitness**
- **Build a healthy base**
- **Choose sensibly**

Ten guidelines point the way to good health and are intended for healthy children (ages 2 years and older) and adults of any age.

## Aim for fitness

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

Following these two guidelines will help keep you and your family healthy and fit. Healthy eating and regular physical activity enable people of all ages to work productively, enjoy life, and feel their best. They also help children grow, develop, and do well in school.

## Build a healthy base

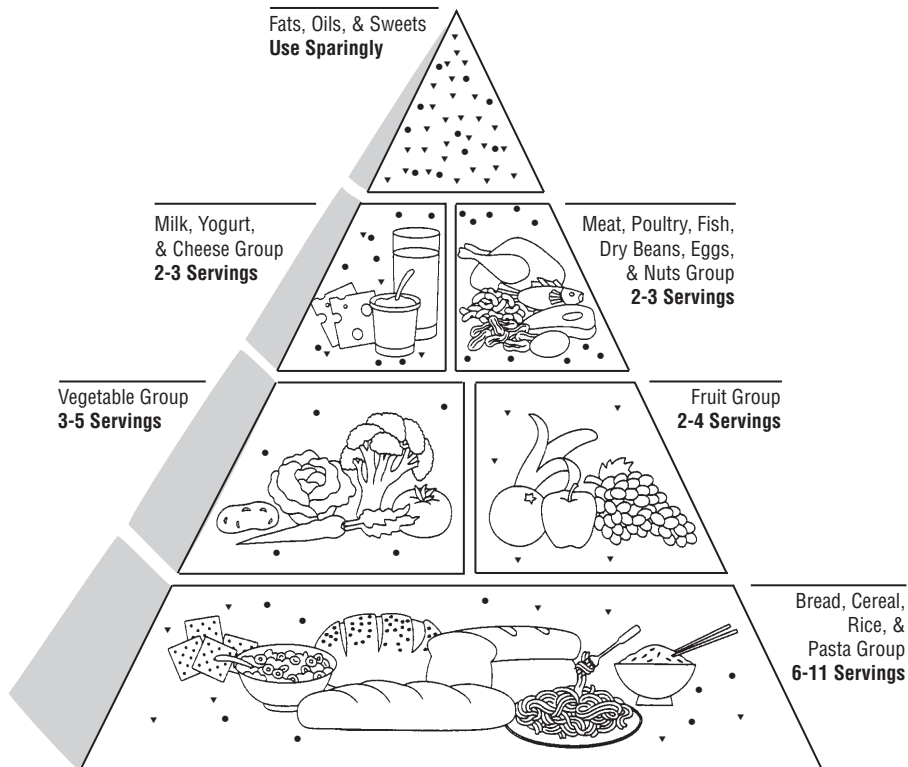
- Let the Food Guide Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Following these four guidelines means using the Food Guide Pyramid so that you get the nutrients your body needs each day. Make grains, fruits, and vegetables the foundation of your meals. This forms a base for good nutrition and good health and may reduce your risk of certain chronic diseases. Be flexible and adventurous—try new choices from these three groups in place of some less nutritious or higher calorie foods you usually eat. Whatever you eat, always take steps to keep your food safe to eat.

## Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

These four guidelines can help you and your family make sensible choices that promote health and reduce the risk of certain chronic diseases. You can enjoy all foods as part of a healthy diet as long as you don't overdo it on fat (especially saturated fat), sugars, salt, and alcohol. Read labels to identify foods that are higher in saturated fats, sugars, and salt (sodium).



# Food Guide Pyramid

	Group	Serving Size
Grain Products	<b>6-11 servings</b>	1 slice bread
	Make at least half the servings whole grain.	½ hamburger bun, English muffin, or bagel 1 small roll, biscuit, or muffin 4 crackers ½ cup cooked rice or pasta 1 ounce ready-to-eat cereal 1 cup popcorn
Vegetables	<b>3-5 servings</b>	½ cup cooked or chopped raw vegetables
	Make at least one serving a dark green leafy or deep yellow vegetable. Eat a variety.	1 cup leafy raw vegetables
Fruits	<b>2-4 servings</b>	1 piece of whole fruit—such as an apple, orange, or banana
	Vary your choices. Make at least one serving citrus, melon, or berries.	¾ cup juice ½ cup berries or cooked or canned fruit ¼ cup dried fruit
Dairy Products	<b>Children</b> <b>2 servings</b>	1 cup milk or yogurt
	<b>Teens and young adults, 11-24 years</b> <b>3 servings</b>	1½ ounces natural cheese 2 ounces processed cheese 1½ cups ice milk or ice cream
	<b>Adult, 25+ years</b> <b>2 servings</b>	
	<b>Pregnant/nursing</b> <b>3 servings</b>	
	Choose low-fat or nonfat versions.	
Meat, Fish, Eggs, Poultry, Dried Peas and Beans, Nuts	<b>2 servings</b>	2-3 ounces of meat, poultry, or fish
	Use lean meats and skinless poultry. Avoid fried versions. Choose dried beans and peas often.	2 eggs 1 cup cooked dry beans 4 tablespoons peanut butter ⅔ cup nuts
Fats, Sweets, Alcohol	Use only in small amounts.	What is moderate drinking? Women: no more than 1 drink a day; Men: no more than 2 drinks a day.

# A Guide to Daily Food Choices

## Examples

bagel, barley, biscuit, bran muffin, brown rice, buckwheat groats, bulgur, corn bread, cornmeal, corn muffin, crackers, English muffin, farina, French bread, graham crackers, granola, grits, hamburger or frankfurter bun, Italian bread, macaroni, muffins, noodles, oatmeal, pancake, pasta, pita bread, popcorn, pumpernickel bread, ready-to-eat cereal, rice, rye bread/crackers/rolls, waffle, whole wheat bread and rolls, tortilla, whole wheat bread/crackers/pasta/rolls

## Importance

Contribute protein, complex carbohydrates, B-vitamins, and minerals. Whole grain products—brown rice, buckwheat, graham crackers, oatmeal, pumpernickel bread, rye crackers, whole wheat pasta, and whole wheat bread—also contribute fiber, folacin, vitamin E, magnesium, and zinc.

asparagus, alfalfa and bean sprouts, beans, beets, beet greens, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, Chinese cabbage, collard greens, corn, cucumbers, eggplant, endive, green beans, green peppers, kale, lettuce, lima beans, mushrooms, mustard greens, okra, onions, peas, potatoes, pumpkin, radishes, romaine, rutabaga, spinach, summer and winter squash, sweet potatoes, tomatoes, tomato juice, turnips, vegetable juices, watercress, zucchini

Provide fiber, vitamins and minerals, are low in fat and contain no cholesterol. Dark green vegetables—broccoli, chard, collard greens, kale, mustard greens, romaine lettuce, spinach—are good sources of carotenoids, folacin, riboflavin, iron, and magnesium.

Deep yellow vegetables—carrots, pumpkin, sweet potatoes, and winter squash—are rich in carotenoids.

apple, apple juice, apricot, banana, blueberries, cantaloupe, cherries, cranberry juice, fig, grapefruit, grapefruit juice, grapes, honeydew melon, lemon, nectarine, orange, orange juice, peach, pear, pineapple, plum, prune, raisins, raspberries, strawberries, tangerine, watermelon

Good sources of vitamin C, potassium, soluble fiber, and phytochemicals. Eating a vitamin C-rich food in combination with an iron-rich food improves absorption of the iron.

buttermilk, fat-free milk, low-fat milk (1% and 2%), whole milk, chocolate milk, low-fat yogurt (plain and fruit-flavor), cheeses, ice milk, ice cream

Excellent sources of protein, calcium, riboflavin, vitamin B12, and magnesium. Low-fat and fat-free versions provide crucial nutrients with a minimum of saturated fat, cholesterol, and calories. (Fat-free milk is not recommended for children under 2 years of age.)

beef, ham, lamb, organ meats, pork, veal, clams, cod, crab, halibut, lobster, oysters, salmon, scallops, trout, tuna, eggs, egg substitutes, chicken, turkey, lentils, navy beans, pinto beans, split peas, tofu, almonds, cashews, peanut butter, peanuts, walnuts, pumpkin seeds, sunflower seeds

Good sources of protein and vitamin B6. Some of the foods are richer in certain nutrients.

Iron: meats, fish, poultry, and legumes

Vitamin B12: meats, fish, poultry, eggs

Zinc: meat, fish, poultry

Fiber: dried peas and beans, which also contain no cholesterol and almost no fat

bacon, butter, cream, cream cheese, lard, margarine, mayonnaise, salad dressings, sour cream, vegetable oil, candy, corn syrup, frosting, fruit-flavored drinks, gelatin desserts, honey, ices, jam, jelly, maple syrup, marmalade, molasses, sherbet, soft drinks, sugar (white and brown), beer, bourbon, gin, rum, scotch, vodka, whiskey, wine, wine coolers

Contain many calories with few or no accompanying vitamins, minerals, protein, or fiber. Sugar is linked to tooth decay. Fats are linked to increased risk for heart disease, stroke, and some kinds of cancer. Women who are pregnant or trying to conceive should not drink alcoholic beverages in any amount.

## Making the Food Guide Fit the Family

Nutrient and calorie needs vary from person to person, depending on age, sex, body size, and activity level. But even if your household contains people with different needs, you don't have to plan different menus for each person.

- Plan your daily menus to include at least the lower number of servings of foods from each group. Vary your choices within groups.
- Provide larger or smaller portions of menu items. A young child would eat a smaller portion than a regular serving.
- For those who need more servings, include additional foods in meals or snacks such as fresh fruit or a peanut butter sandwich.

### Planning for toddlers and young children

Serve young children the same variety of foods as everyone else, but in smaller amounts to suit their smaller needs. For example, serve their two cups of milk daily in three or four smaller servings.

Because children can eat only a small amount at one time, their nutritious snacks should include foods from the daily food guide such as milk or fruit juice, vegetable sticks, strips of cooked meat or poultry, or whole-grain crackers and peanut butter.

### Planning for children

Energy needs vary widely for elementary school children. They should eat at least the lower number of servings from each group. If they need more calories, increase the amount of food from all food groups except the fats and sweets group.

### Planning for teenagers

All teens need three servings of milk, cheese, or yogurt to meet their calcium needs. Teen boys, especially very active ones, can eat the higher number of servings

from each food group, maybe even more. Teen girls usually need more food than the lower number of servings, especially when they are active or growing rapidly and/or participating in sports. All teens, when increasing their food intake, should choose from all the food groups except the foods high in fat and sugars. Encourage physical activity rather than repeated dieting to help control weight.

### Planning for adults of all ages

Adults should have at least the lower number of servings from each food group. This number of servings, without added sugars and fats, provides about 1,400 calories—about the right amount for a sedentary woman and many older adults.

Some adults will need more calories than this, depending on body size and physical activity. Most men can have the middle to upper number of servings in the ranges. Regular exercise is important to maintain fitness. In addition it also allows you to eat more food to supply the nutrients you need without gaining unwanted weight.

Older adults vary in their dietary needs. Many can eat like younger adults, whereas some eat relatively little food. They need to eat foods from each of the food groups, but less of those from fats and oils, sugars and sweets, and alcoholic beverages.

Elderly people who are on medications for chronic disease, special diets, and/or vitamin/mineral supplements prescribed by their physicians can obtain help in planning for their special needs from a registered dietitian.

### Planning for people with special needs

Women who are pregnant or breastfeeding need to include at

least three servings of milk, yogurt, or cheese to meet calcium needs. They should eat more breads and cereals, fruits, vegetables, and meat and meat alternates, too.

Toddlers, teenage girls, and women of childbearing age need to include good sources of iron such as lean red meats, dry beans and peas, dark-green leafy vegetables, whole-grain and enriched breads, and iron-fortified breakfast cereals.

### For more information

The following publications are available from your ISU Extension county office and from the ISU Extension publications Web site at <http://www.extension.iastate.edu/pages/pubs>

*The Food Guide Pyramid H&G 252* (\$50)

*The Food Guide Pyramid for Young Children PM 1843*

*Say 'Yes' to Family Meals PM 1842*

*Using the Dietary Guidelines for Americans PA 1676*

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... and justice for all

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