



are you a good eater ?



VEGETABLE-FRUIT GROUP

4 or more servings

Include:

a citrus fruit or other important Vitamin C fruit or vegetable;

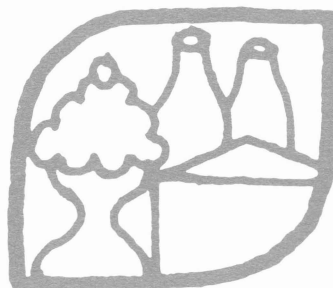
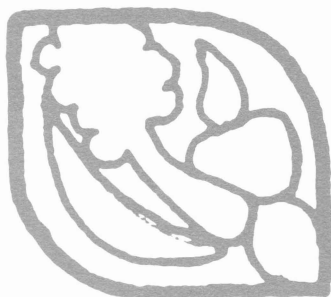
a dark-green or deep-yellow vegetable for Vitamin A (at least every other day);

other vegetables and fruits, including potatoes.

The vegetable-fruit group contains the following nutrients:

Vitamin A to help keep the skin and mucous membranes healthy and resistant to infection; to protect against night blindness.

Vitamin C to help cement body cells together and to strengthen the walls of the blood vessels; to help resist infection; to help in healing.



MEAT GROUP

2 or more servings

Include beef, veal, pork, lamb, poultry, fish or eggs with dry beans, dry peas and nuts as alternates.

The meat group contains the following nutrients:

Iron to combine with protein to make hemoglobin, the red substance in the blood that carries oxygen to the cells.

Niacin to help the cells use energy from food.

Protein, thiamine, niacin and riboflavin.

MILK GROUP

Some milk for everyone

Children under 9.....2 or 3 cups

Children 9 to 12.....3 or more cups

Teenagers.....4 or more cups

Adults.....2 or more cups

The milk group contains the following nutrients:

Protein to build and repair muscles, blood and all other tissues; to help form antibodies to fight infection; to supply food energy.

Calcium to help build and repair bones and teeth; to help blood to clot; to help the muscles and nerves react normally (relax).

Riboflavin to help the cells use oxygen; to help keep vision clear; to keep skin smooth without scaling around mouth and nose or cracking at corners of mouth.

BREAD-CEREAL GROUP

4 or more servings

Whole grain, enriched or restored.

The bread-cereal group contains the following nutrients:

Carbohydrate to supply food energy; to help the body use other nutrients.

Thiamine to keep appetite and digestion normal; to keep nervous system healthy; to help change substances in food into energy for work and heat.

Iron, niacin and riboflavin.

FOOD FOR FITNESS GUIDE

To see how you score, write down the kinds and amounts of food you ate and drank yesterday. Mark the number of servings you ate under each food group.

	Milk Group	Meat Group	Vegetable- Fruit Group	Bread- Cereal Group	Other Foods
Breakfast					
Lunch					
Dinner					
Between meals					
Add the servings in each group					/ / / / / / / / / /
Perfect score	25	25	30	20	TOTAL 100
Your score					

To you need to improve?

- CHILDREN: Score 25 points for 3 or more cups of milk, 15 points for 2 cups and 5 points for 1 cup.
- TEENAGERS: Score 25 points for 4 or more cups of milk, 20 points for 3 cups, 15 points for 2 cups and 5 points for 1 cup.
- ADULTS: Score 25 points for 2 or more cups of milk and 15 points for 1 cup.
- Count milk in cooked foods, cheese and ice cream, too.
- Score 25 points for 2 servings of meat and 15 points for 1 serving.
- Score 10 points for 1 serving citrus fruit or other fruit or vegetable important for vitamin C. Score 10 points for 1 serving dark green or deep yellow vegetable for vitamin A, at least every other day. Score 5 points each for 2 or 3 servings of other fruits and vegetables.
- Score 5 points for each serving of bread and cereal up to 4 servings.
- Do not add the servings of the other foods.
- Add your score. A perfect total is 100 points.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.

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