

8-3-78 ZCM

# THE "BIG 4" FOODS

## MEATS AND OTHER PROTEIN FOODS — 2 servings

Animal protein  
150-200 calories  
per serving

Vegetable protein  
200-400 calories  
per serving

## MILK AND MILK PRODUCTS — 2 servings

80-170 calories per serving

**Lower Calorie**  
buttermilk, skim  
milk, 2 percent milk,  
non-fat dry milk, dry  
curd cottage cheese,  
skim evaporated milk

**Higher Calorie**  
whole milk, whole  
evaporated milk,  
creamed cottage  
cheese, whole  
milk cheese

## BREAD, CEREAL AND GRAIN PRODUCTS — 4 servings

(About 70 calories per serving)

bread, cornbread, muffins, biscuits, corn  
tortillas, pancakes, rice, macaroni, noodles,  
spaghetti, hot and cold cereal, small hamburger  
buns, plain cake, unbuttered popcorn, crackers

## FRUITS AND VEGETABLES — 4 servings

(About 50 calories per serving)

**Vitamin C Foods — 1 daily**  
grapefruit, grapefruit juice,  
oranges, orange juice, fruit  
juice enriched with vitamin  
C, tomatoes, broccoli, cabbage,  
brussels sprouts, cantaloupe,  
cauliflower, greens, peppers,  
strawberries, tangerines, kale,  
collard, turnip and beet greens

**Dark green leafy/orange, yellow — 1 daily**  
apricots, broccoli, carrots, beets, spinach,  
pumpkin and collard, turnip and  
mustard greens

**Starchy Vegetables — limit to 1 per day**  
corn, lima beans, parsnips, green peas,  
white potatoes, pumpkin, winter squash,  
yam or sweet potato

**\*Free Vegetables**  
chicory                      escarole  
Chinese cabbage          lettuce  
endive                        parsley  
celery                         radishes  
                                     watercress

**Others — 2 daily**  
**Fruits:** peaches, berries, grapes,  
cherries, apples, pineapples,  
applesauce, bananas, pears  
**Vegetables:** rhubarb, sauerkraut,  
bean sprouts, asparagus, beets,  
onions, mushrooms, summer squash

## EXTRA FOODS (and serving size) — 1 or 2 servings optional

(50 calories per serving)

### Fats and Oils

- 1 strip bacon
- 1 teaspoon butter, margarine,  
cooking oil or lard
- 1 tablespoon French dressing
- 1 tablespoon cream cheese
- 1 tablespoon mayonnaise
- 3 tablespoons half and half
- 1 tablespoon gravy

### Sweets

- 1 tablespoon sugar, honey,  
molasses, jam or jelly
- 1/2 ounce candy
- 1/4 candy bar
- 1/3 cup soft drink
- 1/3 cup fruit gelatin
- 1/4 cup sherbet, ice cream  
or pudding

### Sauces and Seasonings

- 1/4 cup barbeque sauce
- 2 tablespoons catsup
- 1 tablespoon tartar sauce

### Others

- 5 large potato chips

### \*Free Foods

- coffee, tea, diet  
colas, bouillon  
(no fat), unsweetened  
gelatin, unsweetened  
pickles, spices, lemon  
juice, vinegar and  
horseradish

\*Free foods can be used for snacks as desired.

Prepared by Extension foods and nutrition specialists, The Texas A&M University System.

# THE "BIG 4" FOODS



## Vegetable-Fruit Group

4 OR MORE SERVINGS

CITRUS,  
TOMATOES  
AND PEPPERS



DEEP YELLOW



DARK GREEN

OTHERS



1 serving (50 calories per serving)

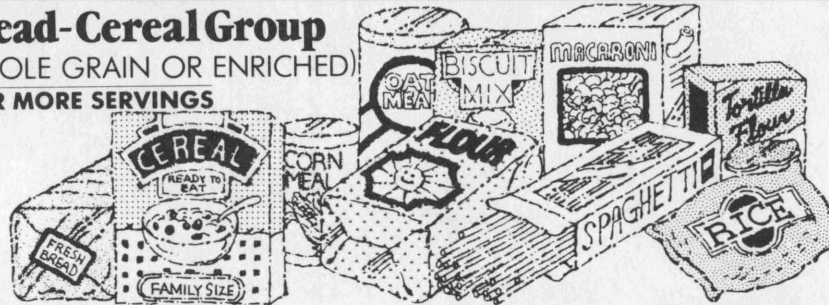
- 1/2 cup blackberries, dewberries
- 1 cup strawberries
- 3/4 cup grapes or cherries
- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 1/4 cup corn, lima beans, potatoes or mixed vegetables (starchy)
- 1 medium piece fresh fruit
- 1/2 cup unsweetened canned fruit or unsweetened fruit juice
- 1/2 grapefruit or banana
- 2 tablespoons raisins



## Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS



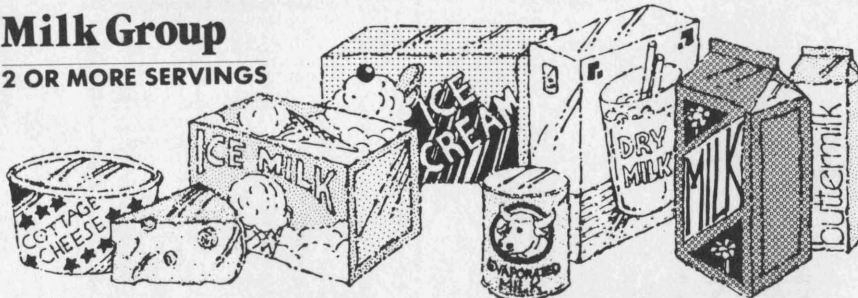
1 serving (70 calories per serving)

- 1 tortilla
- 1 pancake, large
- 1 slice bread
- 1/2 cup rice, noodles, macaroni, spaghetti or dressing
- 1/2 cup cooked cereal
- 1 ounce ready-to-eat cereal
- 5 small crackers
- 1/2 cup oyster or chili crackers
- 1 biscuit, small piece cornbread, small bun or dinner roll
- 1 cup unbuttered popcorn



## Milk Group

2 OR MORE SERVINGS



1 serving

- 1 cup whole, 2 percent, skim or reconstituted nonfat dry milk
- 1/2 cup evaporated whole or skim milk
- 1/2 cup creamed, dry curd or low-fat cottage cheese
- 2 slices whole milk cheese or 1 ounce cheese or cheese spread
- 1 cup buttermilk or plain yogurt
- 1 cup regular or low-fat yogurt



## Meat Group

2 OR MORE SERVINGS



1 serving

- 1 medium slice meat (2-3 ounces)
- 2 wieners
- 1 pork chop
- 1 chicken leg and thigh or 1/5 small chicken
- 1 medium square of fish
- 1 small to medium hamburger patty
- 2 tablespoons peanut butter
- 1 cup cooked dried beans or dried peas
- 2 eggs
- 1/2 cup drained canned fish or meat
- 1 medium slice liver
- 2 slices lunch meat or cheese

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