

## How Smart Are Crystal's Food Choices?

<b>BREAKFAST</b> 1 cup coffee 2 scrambled eggs 1 cup grits	<b>LUNCH</b> PB&J sandwich 15 tiny pretzels 12-ounce can cola	<b>SNACK</b> 1 large apple 7 round crackers	<b>DINNER</b> 1 cup rice 5 slices turkey 2 tablespoons gravy 1 small roll 1/2 cup green beans 12 ounces sweet tea 1/2 cup ice cream
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List the servings in each food group for the three meals and snack in the table below.

	Breakfast	Lunch	Snack	Dinner
Grains				
Vegetables				
Fruit				
Milk				
Meat/Beans				
Other				

How do Crystal's food choices compare to a 2000 calorie intake? (refer to the back of this handout.)

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What changes can Crystal make in her food choices?

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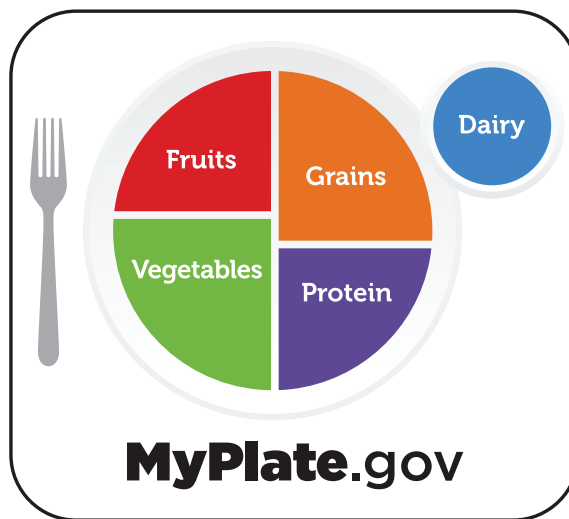
# Eating Smart throughout the Lifecycle

## Recommendations based on a 2,000 calorie intake

### GRAINS (6 ounces)

1 ounce of grain is:

- 1 regular slice of bread
- 1/2 of a hamburger bun or English muffin
- 1/2 cup of cooked pasta, rice, oatmeal, or grits
- 1 cup of dry cereal
- 5 crackers
- 1 small (6") tortilla



### FRUIT (2 cups)

1 cup of fruit is:

- 1 fist size or medium piece of fresh fruit (apple, pear, peach, etc.)
- 1 large (8"–9") banana
- 1 cup of fruit pieces—fresh, frozen, or canned
- 32 seedless grapes or 8 large strawberries
- 1/2 cup of dried fruit (no sugar added)
- 8 ounces of 100% fruit juice

### VEGETABLES (2½ cups)

1 cup is:

- 1 cup of cooked vegetables
- 1 cup of raw vegetables
- Exception: 2 cups raw leafy greens = 1 cup of vegetables
- Choose a variety of colors of vegetables each week

### DAIRY (3 cups)

1 cup is:

- 8 ounces fat free or low-fat milk (including lactose free or calcium-fortified soy milk)
- 8 ounces fat free or low-fat yogurt
- 1/3 cup shredded low-fat cheese
- 1½ ounces natural cheese
- 1 slice of processed cheese

### PROTEINS (5½ ounces)

1 ounce is:

- 1/4 cup of cooked beans, peas, or lentils
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts (12 almonds, 7 walnut halves) or seeds
- 1 ounce cooked lean meat, poultry, fish, or shellfish
- 1 ounce tempeh, cooked or 1/4 cup of tofu

For a personalized plan to meet your goals for good health, go to MyPlate Plan at: [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan). The plan will show targets for each food group to stay within your calorie allowance.