



Nutrition and Your Health

Dietary Guidelines for Americans

Eat a Variety of Foods

From the Editor

This is one of a series of bulletins with tips to help you use the seven Dietary Guidelines in choosing and preparing the foods you eat and serve to others. Following the Dietary Guidelines is a balancing act: getting the variety of foods necessary to supply the nutrients you need, but not too much of other food components—calories, fat and cholesterol, sugar, sodium, and alcohol. This bulletin shows how to "Eat a Variety of Foods." But

remember, it's important to consider all seven guidelines in building a healthful diet:

- Eat a Variety of Foods
- Maintain Desirable Weight
- Avoid Too Much Fat, Saturated Fat, and Cholesterol
- Eat Foods with Adequate Starch and Fiber
- Avoid Too Much Sugar
- Avoid Too Much Sodium
- If You Drink Alcoholic Beverages, Do So in Moderation

What Do We Mean by Variety?

People need over 40 different nutrients to stay healthy. These include vitamins and minerals as well as protein, fat, carbohydrate, and water. These nutrients are found in foods. **No one food supplies all the essential nutrients in the amounts you need.** So it is important that you eat several types of foods each day to get the nutrients you need.

To help describe a varied diet, foods are grouped by the nutrients they contain. The major groups used here are the following:

- Breads, cereals, and other grain products
- Fruits
- Vegetables
- Meat, poultry, fish, eggs, dry beans and peas
- Milk, cheese, and yogurt

A varied diet includes foods from each of these groups every day. It should have different foods within groups, too. (See page 7 for foods in food groups.) Certain other foods—fats, sweets, and alcoholic beverages—provide few vitamins and minerals, but they do provide calories. Look for more about these foods in other bulletins in this series on fat, sugar, and alcoholic beverages.

How Does Your Diet Rate for Variety?

Check the box that best describes your eating habits.

How often do you eat:	Seldom or never	1 or 2 times a week	3 to 4 times a week	Almost daily
1. At least six servings of bread, cereals, rice, crackers, pasta or other foods made from grains (a serving is one slice of bread or a half cup cereal, rice, etc.) per day?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Foods made from whole grains?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Three different kinds of vegetables per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Cooked dry beans or peas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. A dark-green leafy vegetable, such as spinach or broccoli?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Two kinds of fruit or fruit juice per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Two servings (three if teenager, pregnant, or breastfeeding) of milk, cheese, or yogurt per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Two servings of lean meat, poultry, fish, or alternates, such as eggs, dry beans, or nuts per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now turn to the last page to see how you're doing.

Read On For...

- Rating your diet, page 1
- More about nutrients, page 2
- Calcium and osteoporosis, page 3
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- New ways to serve vegetables, page 4
- Planning a varied diet, page 6

Nutrients—What Are They?

The six types of nutrients are described below. Most of us can get enough of these nutrients by eating foods from the major groups each day.

- **Proteins** are the building blocks of the body. They are needed for growth, maintenance, and replacement of body cells. They also form the hormones and enzymes used to regulate body processes. Any extra protein is used to supply energy or is changed into body fat.
- **Carbohydrates** include starches, sugars, and dietary fiber. Starch and sugar supply the body with energy. Dietary fiber provides bulk to the diet, which encourages regular elimination of wastes. Read more about carbohydrates in the bulletins on sugar and on starch and fiber in this series.
- **Fats** provide energy and are carriers for fat-soluble vitamins. Fats also add flavor to foods. Some fats help form cell membranes and hormones. Read more in the bulletin about fat in this series.

- **Vitamins** are organic substances needed by the body in very small amounts. They do not supply energy, but they help release energy from carbohydrates, fats, and proteins. They also help in other chemical reactions in the body.
- **Minerals** are also needed in relatively small amounts and do not supply energy. They are used to build strong bones and teeth, and to make hemoglobin in red blood cells. They help maintain body fluids and help in other chemical reactions in the body.
- **Water** is often called the “forgotten nutrient.” It is needed to replace body water lost in urine and sweat. Water helps to transport nutrients, remove wastes, and regulate body temperature.

What about calories? A calorie is not a nutrient. It is a measure of the energy supplied by food when it is used by the body. Our bodies need energy to perform work. The nutrients that supply calories (energy) are carbohydrates, fat, and protein. The alcohol in beer, wine, and liquor also supplies calories.

Nutrients—Where Are They?

In all foods! Read on to find out which foods are sources of which nutrients.

The Breads and Cereals Connection

Grain products are an important part of a balanced diet. Both whole-grain and enriched breads and cereals provide starch, thiamin, riboflavin, niacin, and iron. Whole grains are also good sources of fiber and provide folic acid, magnesium, and zinc. Eat some whole-grain and enriched products each day.

The variety of grain products available is almost endless. See page 7 for some grain products you might use in your meals and snacks. Try the apple muffin recipe on the right. It features whole-wheat flour and is lower in fat, sugar, cholesterol, and sodium than recipes you find in most cookbooks.

Whole-Wheat Apple Muffins

12 muffins

Per muffin:

Calories.....	145	Cholesterol.....	Trace
Total fat.....	5 grams	Sodium.....	206 milligrams
Saturated fatty acids.....	1 gram		

Whole-wheat flour.....	2 cups
Baking powder.....	1 tablespoon
Salt.....	1/2 teaspoon
Ground cinnamon.....	1 teaspoon
Skim milk.....	3/4 cup
Egg whites, slightly beaten.....	2
Oil.....	1/4 cup
Honey.....	1/4 cup
Tart apples, pared, chopped.....	1 cup

1. Preheat oven to 375°F (moderate).
2. Grease muffin tins.
3. Mix dry ingredients thoroughly.
4. Mix remaining ingredients. Add to dry ingredients. Stir until dry ingredients are barely moistened. Batter will be lumpy.
5. Fill muffin tins.
6. Bake until lightly browned, about 20 minutes.

NOTE: One whole egg can be used in place of egg whites. Cholesterol will be 23 milligrams per muffin.

Milk, Cheese, and Yogurt— Good Sources of Calcium

The best sources of calcium in U.S. diets are milk, cheese, and yogurt. They also provide protein, riboflavin, vitamins B₁₂, A, thiamin, and, if fortified, vitamin D.

Foods listed on the left below provide about the same amount of calcium and other nutrients as 1 cup of skim milk. Some also provide fat and sugar. We call these comparisons "tradeoffs."* The tradeoffs will help you to identify those foods with fat and added sugar. When you choose a higher fat or sugar dairy product, you'll want to decrease other sources of fat and sugar in your diet that day.

1 cup whole milk	=	1 cup skim milk + 2 tsp. fat
1 cup lowfat (2 percent) milk	=	1 cup skim milk + 1 tsp. fat
1 cup lowfat (2 percent) chocolate milk	=	1 cup skim milk + 1 tsp. fat + 3 tsp. sugar
8 ounces plain lowfat yogurt	=	1 cup skim milk + 1 tsp. fat
8 ounces lowfat vanilla yogurt	=	1 cup skim milk + 1 tsp. fat + 4 tsp. sugar
8 ounces lowfat fruit yogurt	=	1 cup skim milk + 1 tsp. fat + 7 tsp. sugar
1-1/2 ounces natural cheese	=	1 cup skim milk + 3 tsp. fat
2 ounces process American cheese	=	1 cup skim milk + 4 tsp. fat

NOTE: Cottage cheese has less calcium than other cheese. One cup of cottage cheese contains only as much calcium as found in 1/2 cup of milk.

*Tradeoffs are approximations based on the calories and nutrients in these types of foods. Individual foods vary.

What About Cake and Ice Cream?

Foods like cake and ice cream are hard to classify. Cakes and other baked goods made with enriched or whole-grain flour provide the same essential nutrients as a slice of bread. However, they have much more fat and sugar. Ice cream, ice

milk, and frozen yogurt are made from milk so they have calcium and other nutrients found in milk. They are also higher in fat and sugar. Now and then, you can replace milk or some breads and cereals with these foods. But when you do, remember to cut your use of other fats and sweets. This will help you avoid too much fat and sugar.

What if You Can't or Don't Drink Milk?

If you have trouble digesting milk, try to—

- drink a small amount at one time.
- eat yogurt or cheese.
- drink milk to which lactase (an enzyme which breaks down milk sugar—lactose) has been added or add it yourself. Lactase can be purchased at many drug stores.

If you don't drink milk, eat more of other foods that provide some calcium, such as—

- foods made with milk or cheese.
- tofu, a soy product that is sometimes made with calcium sulfate. Check the label. One-half cup (4 ounces) of tofu made with calcium sulfate has about the same amount of calcium, protein, and fat as 1 cup whole milk.
- dark-green leafy vegetables.
- tortillas made with cornmeal fortified with calcium.
- canned or dried fish with edible bones, such as salmon.

People who do not drink milk or eat milk products should check with a dietitian, nutritionist, or physician. They can help to plan ways to get enough calcium. This is very important for children, teens, pregnant and nursing women, and people at risk for osteoporosis.

Calcium and Osteoporosis

Many Americans have diets that do not contain recommended amounts of the mineral calcium. Calcium is important for building strong bones and teeth in growing children. It also helps maintain the bones of adults.

Osteoporosis is a disorder in which bone density decreases and bones are more likely to break. Bone density decreases with age in all people after about age 35. But risk of osteoporosis is greater for women, especially after menopause, for whites, and for those who are underweight or who smoke. The exact cause of osteoporosis is not known. However, many scientists believe that extra calcium in diets and weight-bearing exercise such as walking may help prevent osteoporosis.

Cucumber Dip

About 1-1/4 cups

Per tablespoon:

Calories.....	10	Cholesterol.....	Trace
Total fat.....	Trace	Sodium.....	53 milligrams
Saturated fatty acids.	Trace		

Lowfat cottage cheese.....	1 cup
Brown mustard.....	2 teaspoons
Garlic powder.....	1/8 teaspoon
Pepper.....	Dash
Hot pepper sauce.....	3 drops
Cucumber, unpared, finely chopped, well-drained.....	1/2 cup
Green onions, chopped.....	2 teaspoons
Paprika.....	As desired

1. Put cottage cheese and seasonings into blender container and cover. Blend until smooth.
2. Scrape mixture into a bowl. Stir in cucumber and onion until just mixed.
3. Chill.
4. Garnish with paprika. Serve with crisp vegetable sticks or pieces.

NOTE: This dip may also be used as a salad dressing. Thin with skim milk, if desired.

Vitamins and Minerals in Vegetables

All vegetables provide dietary fiber, some provide starch or protein, and they are also sources of many vitamins and minerals. But different types of vegetables vary in the kinds and amounts of nutrients they provide. Below we've listed various types of vegetables and some vitamins and minerals each provides. See page 7 for a list of vegetables by type.

Dark-green vegetables—vitamins A and C, riboflavin, folic acid, iron, calcium, magnesium, potassium.

Deep-yellow vegetables—vitamin A.

Dry beans and peas—thiamin, folic acid, iron, magnesium, phosphorus, zinc, potassium, protein, starch.

Starchy vegetables—starch and varying amounts of certain vitamins and minerals, such as niacin, vitamin B₆, zinc, and potassium.

Other vegetables—varying amounts of vitamins and minerals, such as vitamin C, vitamin A, and potassium.

Vegetables—Opportunities for Taste Adventures

We've listed over 50 kinds of vegetables on page 7, and you can find more in your supermarket. How many have you tried? How many do you serve regularly? If you stick to the few vegetables you know you like, you may be missing out on new tastes and new ways of getting nutrients.

Ideas for Serving Vegetables

- Many vegetables taste good raw. Try the lowfat cucumber dip with raw cauliflower, broccoli, carrot, green pepper, turnip, and rutabaga sticks or pieces. You can use green beans, red peppers, zucchini, or snow peas as dippers, too. See page 3.
- Green up your salads by adding spinach, watercress, romaine, or other dark greens. They get an A+ in nutrients as well as in flavor. Don't stop there—add more color and flavor with other raw or cooked vegetables. Try cold cooked peas, corn, chickpeas, or beets. Be moderate in your use of oily salad dressings and mayonnaise because they may add more fats and calories than you want.
- Ever tried steaming vegetables? Use a metal steamer basket that fits into a saucepan. Put the vegetables in the basket with water in the bottom of the pan, cover the pan with a tight-fitting lid, and steam vegetables until just tender and crisp.
- Stirfrying is a cooking technique adopted from the Orient. Try the recipe on this page. And use your imagination—many vegetables other than those listed are good when stirfried.
- Dry beans and peas are legumes. They have been shown in USDA food guides as alternates for meat, poultry, and fish for decades; but they can be used as vegetables also. Dry beans and peas are available not only in the dry form but also cooked and canned. Dry beans and peas can be cooked ahead and stored in the refrigerator for a day or two or they can be frozen for later use. Beans are good in salads, soups, as a side dish, and, for a "different" snack, as a bean dip.

Vegetable Stirfry

4 servings, about 1/2 cup each

Per serving:			
Calories.....	50	Cholesterol.....	0
Total fat.....	3 grams	Sodium.....	161 milligrams
Saturated fatty acids.....	Trace		
Oil			2 teaspoons
Broccoli florets and stems, 1-inch pieces.....			1 cup
Carrots, diagonal slices, 1/8-inch thick.....			2/3 cup
Zucchini, 1/2-inch cubes			2/3 cup
Red onion, sliced			2/3 cup
Water.....			1 tablespoon
Fresh mushrooms, sliced			1/2 cup
Dill weed.....			1/4 teaspoon
Salt			1/4 teaspoon
Cherry tomatoes, halved.....			4

1. Heat oil in frypan. Add broccoli, carrots, zucchini, and onion. Stirfry over moderate heat about 4 minutes, turning vegetable pieces constantly.
2. Add water, cover, and cook until vegetables are tender-crisp, about 6 minutes.
3. Stir in mushrooms, dill weed, and salt.
4. Place tomato halves on vegetable mixture. Cover and cook just until mushrooms and tomatoes are heated, about 3 minutes.

Meat, Poultry, and Fish

Foods in this group are sources of many nutrients. These include protein, niacin, vitamins B₆ and B₁₂, iron, phosphorus, and zinc. Meat, poultry, and fish also provide fat and cholesterol. But you can select and prepare items from this group so that the amount of fat is quite modest. Choose lean cuts of meat, trim off visible fat from meat, remove the skin from chicken, and prepare by baking or broiling instead of frying.

Some Alternates

Eggs can be used as an alternate to lean meat, poultry, and fish, but egg yolks are high in cholesterol. Dry beans and peas and various nuts and seeds are high in protein and can also be used as alternates. The vitamin and mineral content of these foods is similar to meat, except they do not contain vitamin B₁₂. Beans and peas contain carbohydrates and are lower in fat than lean meats. Nuts and seeds are much higher in fat than lean meat. The tradeoffs* below indicate the amount of a meat alternate that can substitute for 1 ounce of lean meat, poultry, or fish. They also show the approximate amount of extra fat in nuts and seeds, compared to lean meats.

Cheese is often used in place of meat at meals. But cheese is not a complete nutritional substitute for meat, poultry, or fish. Both meat and cheese are good sources of protein and vitamin B₁₂. Meat, poultry, and fish (and eggs, dry beans, dry peas, nuts, and seeds) are good sources of iron. Cheese is a very good source of calcium, but contains little iron. Be sure to include *both* milk products and meats or meat alternates in your diet daily.

1/2 cup cooked dry beans or peas + 1 tsp. fat	=	1 ounce lean meat, poultry, or fish + 1 slice bread
2 tbsp. peanut butter	=	1 ounce lean meat, poultry, or fish + 3 tsp. fat
1/4 cup seeds	=	1 ounce lean meat, poultry, or fish + 4 tsp. fat
1/3 cup nuts	=	1 ounce lean meat, poultry, or fish + 5 tsp. fat

*Tradeoffs are approximations based on the calories and nutrients in these types of foods. Individual foods vary.

Iron ... A Problem Nutrient

Diets of many toddlers, teenagers, and women up to age 50 contain much less than the recommended amount of iron. Iron forms hemoglobin in the blood, which supplies oxygen to the body cells.

Iron is found in many foods. Meat, poultry, and fish are the best sources. Foods from plants such as enriched and whole-grain breads and cereals, dry beans and peas, and dark-green leafy vegetables are also important sources. However, the iron in these foods is in a form that is not as well absorbed by the body as is the iron in meat, poultry, and fish. Recent research suggests that eating these iron-containing plant foods in a meal or snack with a food rich in vitamin C increases the amount of iron the body can absorb. Also, eating some meat, poultry, or fish at the meal helps the body absorb the iron in plant foods better.

Since it is especially difficult to meet the iron needs of toddlers, many doctors recommend using a fortified breakfast cereal or an iron supplement. Doctors usually prescribe iron supplements for pregnant and nursing mothers, and sometimes for other women of childbearing age.

Fruits—Nature's Sweets

Fruits not only add color, flavor, texture, and sweetness to the diet but also provide many nutrients as well as dietary fiber. Citrus fruits (oranges and grapefruit), melons, and berries are excellent sources of vitamin C. Two tropical fruits now available at many supermarkets—kiwifruit and papaya—are also good sources of vitamin C. Deep-yellow fruits such as apricots, cantaloups, and mangos are high in vitamin A. All of these fruits—and others—provide additional nutrients such as folic acid, potassium, and magnesium.

Look at the list of fruits on page 7. How many of them do you eat? All are good fresh as well as canned or frozen.

Need some ideas?

- **Kiwifruit** is colorful and refreshing with a tart-sweet flavor. Serve as an appetizer garnished with mint leaves or slice and add to a fruit salad or fruit cup.

- **Nectarine** is one of the oldest fruits, a smooth-skinned relative of the peach. When plentiful—June to September—try combining with blueberries (fresh or unsweetened frozen) and pineapple.
- **Tangerine** is a spicy tart citrus fruit that is easy to peel. Eat out of hand or add to vegetable or fruit salads. They are available during the winter months when many other fruits are out of season. Canned tangerines are called mandarin oranges.
- **Plantain** is greenish in appearance and is longer and more starchy than its relative, the banana. For eating, plantains must be cooked, usually by boiling, baking, or frying. Like the banana, plantains are a good source of potassium.

A Pattern for Daily Food Choices

When shopping, planning, and preparing meals for yourself and others, use this guide for a varied and nutritious diet...

- Choose foods daily from each of the first five major groups shown below. The table on page 7 lists some foods in each group.
- Include different foods from within the groups. As a guide, you can use the subgroups listed below the major food group heading.
- Have at least the smaller number of servings suggested from each group. Limit total amount of food eaten to maintain desirable body weight.
- Most people should choose foods that are low in fat and sugars more often. (See the bulletins on fat and sugar in this series.)
- Go easy on fats, sweets, and alcoholic beverages.

Food Group	Suggested Daily Servings *
Breads, Cereals, and Other Grain Products <ul style="list-style-type: none"> ● Whole-grain ● Enriched 	6 to 11 (Include several servings a day of whole-grain products.)
Fruits <ul style="list-style-type: none"> ● Citrus, melon, berries ● Other fruits 	2 to 4
Vegetables <ul style="list-style-type: none"> ● Dark-green leafy ● Deep-yellow ● Dry beans and peas (legumes) ● Starchy ● Other vegetables 	3 to 5 servings (Include all types regularly; use dark-green leafy vegetables and dry beans and peas several times a week.)
Meat, Poultry, Fish, and Alternates (Eggs, dry beans and peas, nuts and seeds)	2 to 3 servings— total 5 to 7 ounces lean
Milk, Cheese, and Yogurt	2 servings (3 servings for teens and women who are pregnant or breastfeeding; 4 servings for teens who are pregnant or breastfeeding)
Fats, Sweets, and Alcoholic Beverages	Avoid too many fats and sweets. If you drink alcoholic beverages, do so in moderation.

NOTE: The pattern for daily food choices described here was developed for Americans who regularly eat foods from all the major food groups listed. Some people such as vegetarians and others may not eat one or more of these types of foods. These people may wish to contact a nutritionist in their community for help in planning food choices.

What Counts as a Serving?

The examples listed below will give you an idea of the amounts of food to count as one serving when you use the guide to the left.

- **Breads, cereals, and other grain products:** 1 slice of bread; 1/2 hamburger bun or english muffin; a small roll, biscuit, or muffin; 3 to 4 small or 2 large crackers; 1/2 cup cooked cereal, rice, or pasta; or 1 ounce of ready-to-eat breakfast cereal.
- **Fruits:** A piece of whole fruit such as an apple, banana, orange; a grapefruit half; a melon wedge; 3/4 cup of juice; 1/2 cup berries, or 1/2 cup cooked or canned fruit; or 1/4 cup dried fruit.
- **Vegetables:** 1/2 cup of cooked or chopped raw vegetables or 1 cup of leafy raw vegetables, such as lettuce or spinach.
- **Meat, poultry, fish, and alternates:** Serving sizes will differ. Amounts should total 5 to 7 ounces of lean meat, fish, or poultry a day. A serving of meat the size and thickness of the palm of a woman's hand is about 3 to 5 ounces and a man's, 5 to 7 ounces. Count 1 egg, 1/2 cup cooked dry beans, or 2 tablespoons of peanut butter as 1 ounce of lean meat.
- **Milk, cheese, and yogurt:** 1 cup of milk, 8 ounces of yogurt, 1-1/2 ounces natural cheese, or 2 ounces of process cheese.

*What About the Number of Servings?

The amount of food you need depends on your age, sex, physical condition, and how active you are. Almost everyone should have at least the minimum number of servings from each food group daily. Many women, older children, and most teenagers and men need more. The top of the range is about right for an active man or teenage boy. Young children may not need as much food. They can have smaller servings from all groups except milk, which should total 2 servings per day. You can use the guide at the left to help plan for the variety and amounts of foods your family needs each day.

Food Groups: Some Foods They Contain

Breads, Cereals, and Other Grain Products

Whole-Grain

Enriched

Brown rice	Oatmeal	Whole-wheat bread and rolls	Bagels	Farina	Muffins
Buckwheat groats	Popcorn	Whole-wheat crackers	Biscuits	French bread	Noodles
Bulgur	Pumpernickel bread	Whole-wheat pasta	Corn bread	Grits	Pancakes
Corn tortillas	Ready-to-eat cereals	Whole-wheat cereals	Corn muffins	Hamburger rolls	Pasta
Graham crackers	Rye crackers		Cornmeal	Hot dog buns	Ready-to-eat cereals
Granola			Crackers	Italian bread	Rice
			English muffins	Macaroni	White bread and rolls

Fruits

Citrus, Melons, Berries

Other Fruits

Blueberries	Honeydew melon	Raspberries	Apple	Grapes	Pineapple
Cantaloup	Kiwifruit	Strawberries	Apricot	Guava	Plantain
Citrus juices	Lemon	Tangerine	Banana	Mango	Plum
Cranberries	Orange	Watermelon	Cherries	Nectarine	Pomegranate
Grapefruit			Dates	Papaya	Prune
			Figs	Peach	Raisins
			Fruit juices	Pear	

Vegetables

Dark-Green

Deep-Yellow

Starchy

Beet greens	Dandelion greens	Romaine lettuce	Carrots	Breadfruit	Lima beans
Broccoli	Endive	Spinach	Pumpkin	Corn	Potatoes
Chard	Escarole	Turnip greens	Sweet potatoes	Green peas	Rutabaga
Chicory	Kale	Watercress	Winter squash	Hominy	Taro
Collard greens	Mustard greens				

-Dry Beans and Peas (Legumes)-

Other Vegetables

Black beans	Lima beans	Artichokes	Cabbage	Green beans	Radishes
Black-eyed peas	(mature)	Asparagus	Cauliflower	Green peppers	Summer squash
Chickpeas (garbanzos)	Mung beans	Bean and alfalfa sprouts	Celery	Lettuce	Tomatoes
Kidney beans	Navy beans	Beets	Chinese cabbage	Mushrooms	Turnips
Lentils	Pinto beans	Brussels sprouts	Cucumbers	Okra	Vegetable juices
	Split peas		Eggplant	Onions (mature and green)	Zucchini

Meat, Poultry, Fish, and Alternates

Meat, Poultry, and Fish

Alternates

Beef	Ham	Pork	Veal	Eggs	Nuts and seeds
Chicken	Lamb	Shellfish	Luncheon meats, sausage	Dry beans and peas (legumes)	Peanut butter
Fish	Organ meats	Turkey			Tofu

Milk, Cheese, and Yogurt

Lowfat Milk Products

Other Milk Products with More Fat or Sugar

Buttermilk	Lowfat plain yogurt	American cheese	Chocolate milk	Fruit yogurt	Swiss cheese
Lowfat milk (1%, 2%)	Skim milk	Cheddar cheese	Flavored yogurt	Process cheeses	Whole milk

Fats, Sweets, and Alcoholic Beverages

Fats

Sweets

Alcohol

Bacon, salt pork	Mayonnaise	Candy	Jam	Popsicles and ices	Beer
Butter	Mayonnaise-type salad dressing	Corn syrup	Jelly	Sherbets	Liquor
Cream (dairy, nondairy)	Salad dressing	Fruit drinks, ades	Maple syrup	Soft drinks and colas	Wine
Cream cheese	Shortening	Gelatin desserts	Marmalade	Sugar (white and brown)	
Lard	Sour cream	Honey	Molasses		
Margarine	Vegetable oil	Frosting			

Answer Box—How Does Your Diet Rate for Variety?

Compare your answers to the best answer listed below. Then read about the nutrients provided by these foods and ideas on how to include them in your diet.

1. **ALMOST DAILY.** Many people believe that eating breads and cereals will make you fat. That's not true for most of us. Extra calories often come from the fat and/or sugar you MAY eat with them. Both whole-grain and enriched breads and cereals provide starch and essential nutrients. Learn more on page 2.
2. **ALMOST DAILY.** Whole-grain breads and cereals contain vitamins, minerals, and dietary fiber that are low in the diets of many Americans. Select whole-grain cereals and bakery products—those with a whole grain listed first on the ingredient label. Or make your own and use whole-wheat flour. For a recipe, see page 2.
3. **ALMOST DAILY.** Vegetables vary in the amounts of vitamins and minerals they contain. So, it's important to include several kinds every day. Read about them and try the recipe on page 4.
4. **3 TO 4 TIMES A WEEK.** Dry beans and peas fit into two food groups because of the nutrients they provide. They can be used as an

alternate to meat, poultry, and fish. And, they are also an excellent vegetable choice. See pages 4 and 5.

5. **3 TO 4 TIMES A WEEK.** Popeye gulped down spinach to build his superior strength. Although this effect of spinach was exaggerated, spinach and other dark-green leafy vegetables are excellent sources of some nutrients that are low in many diets. See page 4.
6. **ALMOST DAILY.** Fruits are nature's sweets. They taste good and are good for you. Choose several different kinds each day. See page 5 for ideas.
7. **ALMOST DAILY.** Adults as well as children need the calcium and other nutrients found in milk, cheese, and yogurt. To find out why calcium is important, see page 3.
8. **ALMOST DAILY.** Most Americans include some meat, poultry, or fish in their diets regularly. Dry beans and peas, peanuts (including peanut butter), nuts and seeds, and eggs can be used as alternates. Learn more by reading page 5.

Where Does Spaghetti with Meatballs Fit?

Many foods we eat are mixtures of foods from several groups. It's not hard to figure out where these mixtures belong, if you think about the foods in them. For example, spaghetti with meatballs has pasta made from grain, a serving of meat, and perhaps a serving of vegetable—the tomatoes in the sauce. Beef stew has meat and vegetables. In a cheeseburger, the hamburger bun is two servings from the breads and cereals group. The hamburger patty is from the meat group, and the cheese is from the milk group. If you butter the bun or add mayonnaise, you're adding a food from the fats, sweets, and alcoholic beverages group.

Want More Information?

- Read the other bulletins in this series.
- Contact your local county Extension agent, public health nutritionist, or dietitian in hospitals or other community agencies.
- Contact the Human Nutrition Information Service (HNIS) for a list of current publications on guidelines topics. The address is U.S. Department of Agriculture, HNIS, Room 360, 6505 Belcrest Road, Hyattsville, Maryland 20782.

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