

Nutrition Guide (Speedy Study Guide)




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NUTRITION GUIDE

Food Groups

Are you interested in healthy eating and having a balanced diet? If so, you'll want to learn more about food groups. This section helps explain the food groups based on the Dietary Guidelines for Americans, 2010 and provides information about food plans. There are five groups consisting of vegetables, fruits, grains, dairy and a protein group which includes meat, poultry, fish and nuts. The five food groups that are the building blocks for a healthy diet using a smaller image—a plate setting for a meal—and display how much of each food group you need to eat for a healthy diet.

What are the basic food groups?

Food Groups	Examples	
Vegetables	The vegetables you eat may be fresh, frozen, canned or dried and may be eaten whole, cut-up, or mashed. You should eat a variety of dark green, red and orange vegetables, as well as beans and peas (which are also considered part of the protein group). Examples include broccoli, carrots, zucchini, green peas, green beans, black-eyed peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes and kidney beans. Any vegetable or 100% vegetable juice counts in this group.	
Fruits	The fruits you eat may be fresh, canned, frozen or dried and may be eaten whole, cut-up, or pureed. Examples include apples, apricots, bananas, dates, grapes, mangoes, grapefruit, mangoes, melons, peaches, pineapples, plums, strawberries, tangerines, and 100% fruit juice.	
Grains	There are two types of grains—whole grains and refined grains. At least half of the grains you eat should be whole grains, such as whole-wheat bread, whole-grain cereals and crackers, oatmeal, bulgur, and brown rice. Refined grains include white bread, white rice, enriched pasta, flour tortillas, and most noodles.	

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Reviews

It is in a single of my personal favorite publication. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. David Friesen IV)

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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A nutrition study guide not only teaches kids what foods to eat, it gives them the knowledge to understand why certain foods are a healthier choice and the importance of a balanced diet. Studying nutrition with the aid of a study guide helps kids learn healthy habits and could even help to prevent childhood obesity. Learning how to read a nutrition label, how to choose foods with lots of vitamins and how to avoid harmful eating habits can have a profound impact on kids.



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