

# Nutrition Tips

**Balanced Nutrition is Best!**

**The following are recommended servings per day of each food group.**

## Whole Grains– 6 oz. equivalents

**An ounce equivalent= 1/2cup or 1 slice**

- Pastas–whole wheat pasta
- Breads– look for breads with 3 or more grams of fiber. Must say whole grain flour on the label
- Tortilla– whole wheat or corn (1)
- Rice– brown rice or long grain rice
- Cereal—Look for cereals with 3 or more grams of fiber:
  - Old fashioned Oatmeal,
  - Crunchy Corn Bran™,
  - Quaker Oat Squares™
  - Shredded Wheat™
  - Frosted Mini-Wheats™



## Healthy fats: Make most of your fat sources from fish, nuts and plant oils

Olive oil  
Canola  
Corn

Sunflower  
Soybean



## Dairy: 3 cups

**1 cup yogurt, 1 1/2 oz. cheese, or 1cup milk**

- Skim or 1% milk
- Low fat yogurt (avoid high sugar yogurts)
- Low fat cheeses
  - Mozzarella or string cheese
  - 1 or 2% fat cheeses including cottage cheese
- Low fat pudding

## Lean Proteins 5 oz. equivalents

**1 oz. equivalent = 1 oz of meat or**

Turkey	1/2 ounce nuts
Fish	1/4 c. dry or
Chicken	cooked
1 egg	beans
Lean cuts of pork or beef	1 T. peanut butter

## Fruits 1 1/2 cups: Make most choices fruit-not juice

Eat a variety of colorful fruits:

Strawberries, watermelon, cantaloupe, oranges, bananas, apples, kiwi, grapes, blueberries, peaches, plums and more.



## Vegetables 2 1/2 cups

Eat a variety of colorful vegetables:

Red pepper, tomatoes, squash, cauliflower, broccoli, spinach, green beans, peas, lettuce, carrots, eggplant, sprouts, onions and more.



Food group	<b>Go</b>	<b>Slow</b>	<b>Whoa</b>
<b>Vegetables</b>	fresh, frozen and canned vegetables without added fat and sauces	vegetables with added fat and sauces– like cheese and dressings oven baked French fries avocado	<b>fried vegetables</b> like French fries, hash browns, fried mushrooms, zucchini, asparagus
<b>Fruits</b>	fresh, frozen or canned fruit in it's own juice	100% juices fruits canned in light syrup dried fruits	fruits canned in heavy syrup
<b>Breads and Cereals</b>	whole grain breads, pita breads, tortillas and pasta brown rice, corn tortillas hot and cold unsweetened whole-grain breakfast cereals (like oatmeal)	refined white bread, rice, pasta, fried taco shells biscuits, French bread, waffles, pancakes, cornbread and granola	croissants, muffins, doughnuts, sweet rolls, crackers made with trans fats, sweetened breakfast cereals
<b>Milk and milk products</b>	skim or 1% milk, yogurt, Cheese or cottage cheese	2% low-fat milk processed cheese spread	whole milk full fat American, cheddar, Colby, Swiss, Cream Cheese, whole milk or yogurt
<b>Meats, Poultry, Fish, Eggs, Beans and nuts</b>	trimmed beef and pork, extra lean ground beef, chicken and turkey without skin canned tuna in water baked, broiled, steamed, grilled fish and shellfish, beans, split peas, lentils, tofu, egg whites and egg substitutes	lean ground beef broiled hamburgers ham, Canadian Bacon chicken and turkey with skin low-fat hot dogs canned tuna in oil peanut butter nuts whole eggs without added fat	untrimmed beef and pork regular ground beef fried hamburgers ribs, bacon, fried chicken, chicken nuggets, hot dogs, lunch meats, pepperoni, sausage, fried fish and shellfish, whole eggs cooked with fat
<b>Sweets and snacks</b>		ice milk bars frozen fruit juice bars low-fat frozen yogurt and ice cream fig bars, ginger snaps, baked chips low-fat microwave pop-corn pretzels	cookies, cakes pies, cheese cake, ice cream, chocolate, candy, chips, buttered microwave pop corn
<b>Condiments</b>	vinegar, ketchup, mustard, fat-free salad dressings, fat free mayonnaise, fat-free sour cream, vegetable oil, olive oil and olive oil based salad dressings	low fat salad dressings low fat mayonnaise low-fat sour cream	butter, margarine, lard, salt pork, gravy, regular salad dressing, mayonnaise, tartar sauce, sour cream, cheese sauce, cream sauce, cream cheese dips
<b>Beverages</b>	water skim or 1% milk iced teas (no sugar added) diet sodas, flavored waters, sugar-free drinks (sugar free lemonade)	2% milk 100% fruit juice	whole milk, regular soda, sweetened iced teas regular Lemonade sports drinks, fruit drinks (not 100% juice)

Adapted from the USDHHS Go, Slow, Whoa Foods/ CATCH University of California and Flaghouse Inc.  
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