

NUTRITION HINTS...

Keep children healthy and growing by offering a variety from each of the Five Food Groups. These foods provide the 40 or so nutrients our bodies need daily.

	Recommended Daily Amounts	One cup or oz. equals:
Milk Group	3 cups	1 cup milk, 1 1/2 oz. cheese, 1 cup yogurt
Meat & Beans Group	4-5 oz.	1 oz. meat, 1/4 cup cooked beans
Fruit Group	1 1/2 cups	1 cup raw or cooked fruit
Vegetable Group	1 1/2-2 cups	1 cup raw or cooked vegetable
Grain Group	5 oz.	1 slice bread, 1/2 cup pasta/rice, 1 cup cold cereal

- Use "low nutrient" foods (chips, candy, soda pop, cookies, cake, etc.) in moderation. Make certain these foods do not replace servings from the Five Food Groups.
- Vary textures, colors, shapes, and temperatures for a more tempting and attractive meal.
- Offer snacks at the same time each day to avoid constant nibbling between meals. Select snacks from the Five Food Groups to assure nutrient availability.

Snack ideas:

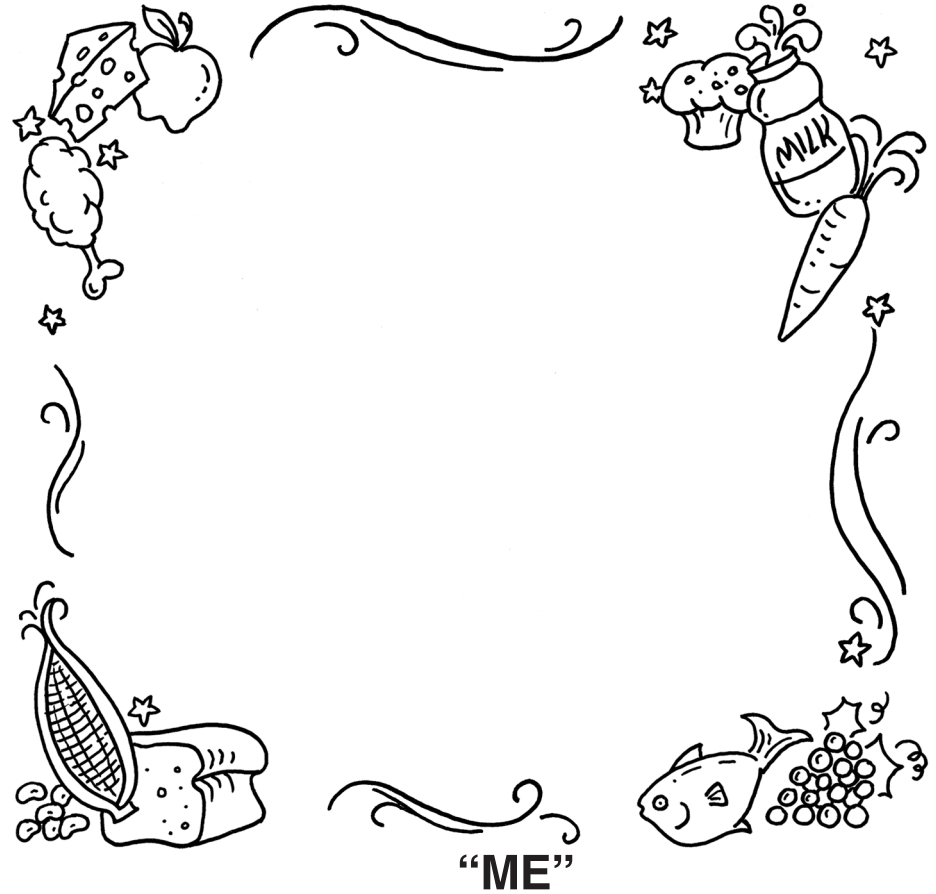
milk, cheese and fruit kabobs, popcorn, nuts,
crackers spread with peanut butter or cream cheese,
fresh fruit, raw vegetables with yogurt or cottage cheese dip,
hard cooked eggs, muffins, whole wheat breads, and
mini-pizzas on english muffins

Visit the Washington State Dairy Council website

www.eatsmart.org

to order THE FIVE FOOD GROUP STICKERS or other nutrition education materials.

NUTRITION IN ME...



“ME”

MY NAME:

MY FAVORITE FOOD:

MY FAVORITE MEAL:

I AM IN _____ GRADE.