



a Child's best start

www.OrphanNutrition.org

Food Group Fact Sheet

Food Group	Key Nutrients	1 Serving =	Daily Servings	Example Foods
Cereal Grains, Pasta, Rice, Bread and Potatoes	<ul style="list-style-type: none"> • Carbohydrates • Folate • Iron 	<ul style="list-style-type: none"> • 1 slice of bread • 1 tortilla • 1 cup ready-to-eat cereal • ½ cup cooked rice, pasta or cereal 	6	<ul style="list-style-type: none"> • <i>Refined Grains</i>: white flour, white rice, spaghetti, macaroni, vermicelli, white bread, crackers • <i>Whole Grains</i>: whole wheat flour, brown rice, whole wheat pasta, whole wheat bread, bulgur, millet, teff
Fruits and Vegetables	<ul style="list-style-type: none"> • Vitamin A (3 times a week) • Vitamin C (once a day) 	<ul style="list-style-type: none"> • ¾ cup (170 grams) of chopped fruit • 1 piece of fruit (1 small apple, 1 large banana, 1 large orange) • ¼ cup (57 grams) of dried fruit • ½ cup (113 grams) of cooked vegetables • 1 cup (227 grams) of raw leafy greens • ¾ cup (177 ml) of 100% fruit or vegetable juice 	5	<ul style="list-style-type: none"> • <i>Fruits</i>: Melons, berries, orange, apple, banana, mango, papaya, pineapple • <i>Vegetables</i>: tomato, pepper, cucumber, sweet potato, carrot, cabbage, spinach, winter squash

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Milk and Dairy	<ul style="list-style-type: none"> Protein Calcium Fortified vitamin D 	<ul style="list-style-type: none"> 1 cup of milk 1 cup of yogurt ½ cups of cottage cheese ½ cups of pudding 1 ounces of hard cheese ½ cups of ice cream 	2	<ul style="list-style-type: none"> Non-fat, low-fat and whole milk Buttermilk Yogurt and pudding Cheeses: hard, soft, cottage cheese Sour cream and Ice cream
Meat and Meat Alternatives	<ul style="list-style-type: none"> Protein Zinc Iron (once a day alongside vitamin C) 	<ul style="list-style-type: none"> 1 ounce of beef, poultry, fish 1 egg ½ ounce of nuts/seeds 2 Tablespoons of nut butter ¼ cup of tofu ½ cup of cooked dried beans or lentils 	2	<ul style="list-style-type: none"> Beef, lamb, mutton, pork Chicken, turkey, duck Fish and shellfish Eggs Legumes, nuts and seeds Tofu
Fats, Oils and Sweets	<ul style="list-style-type: none"> Fat 	Varied	Limited	<ul style="list-style-type: none"> Cakes Candies Butter Oils Sugary soft drinks

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