



# Food Groups

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# Fact 1

The key to healthy eating is to enjoy a variety of nutritious foods from each of the 5 food groups-Dairy, Fruit, Grain, Protein, Vegetables



# Fact 2

If we don't eat food, then our bodies don't work. If we don't eat the right food, our bodies don't work as well as they can.



# Fact #3

Healthy food gives our bodies the tools they need to:

Do what we want to do

Build bones and muscles

Repair and replace worn out cells

Keep us healthy



# Fact 4

Dairy- excellent sources of calcium, which is important for strong healthy bones

examples: apples, bananas, grapes, watermelon, pineapples.



# Fact # 5

*Fruit- provides us with vitamins, minerals, and dietary fibers that help your body stay healthy*

*Examples: apples, bananas, grapes, watermelon,  
pineapple*



# Fact #6

*Grain - try and choose whole grain and/or high fibers varieties.*

*Example: breads, cereal, rice, pasta, noodles.*



# Fact #7

Protein- used to make specialized chemical such as hemoglobin and adrenalin along with building, maintaining, and repairing the tissue in our body

Our muscles and organs are made of protein

poultry , fish, eggs, nuts, seeds.





# Fact #8

**Vegetable- should make up a large part of your daily food intake and encourage at every meal because they provide vitamins, minerals, and dairy.**

**Examples: broccoli, carrots, corn, green beans.**



# Fact #9

## Building a better pyramid

Harvard University nutritionist Walter Willett is proposing new dietary guidelines that would replace the US Department of Agriculture's famous food pyramid. Willett says the USDA ignores science and ends up recommending eating habits that could easily lead to obesity, heart disease and diabetes. Here is Harvard's proposed new pyramid and how it differs from the USDA's:

**Red meat and butter, use sparingly**  
Red meat and butter contain lots of harmful cholesterol and saturated fat, but the USDA suggests up to 2-3 servings of each food daily is OK.

**White rice, white bread, potatoes, pasta, and sweets, use sparingly**  
USDA pyramid cautions against eating many "fats, oils and sweets" when some fats and oils are healthy. Harvard restricts specific foods that are nutritionally empty or harmful, such as potatoes.

### ADDITIONAL ELEMENTS

**Alcohol in moderation**  
A drink reduces heart attack risk, says Willett. USDA says nothing.

**Dairy or Calcium Supplement, 1-2 times a day**  
There is no "calcium emergency" in the U.S. and people don't need 2-3 servings of milk, yogurt and cheese as USDA recommends.

**Multiple vitamins**  
For most, these are cheap "life insurance," says Harvard. USDA is silent.

**Fish, poultry and eggs, 0-2 times a day**  
USDA lumps fish, poultry and eggs in with red meat and nuts, recommending 2-3 helpings from the whole group. But Harvard creates a new category of healthier protein sources.

**Vegetables, in abundance**  
Harvard puts no limits on vegetable consumption, except to say starchy potatoes should be limited. USDA calls for 3-5 servings a day of vegetables, including spuds.

**Nuts and legumes, 1-3 times a day**  
USDA includes nuts and beans with meats. Harvard gives them a separate category because of their high protein levels and fats that reduce LDL cholesterol levels.

**Whole grain foods, at most meals**  
USDA doesn't distinguish whole grain from white bread, calling for 6-11 servings from their "bread, cereal, rice and pasta group."

**Fruits, 2-3 times a day**  
Harvard and USDA agree on the need for 2-3 helpings of fruit daily.

**Plant oils, use regularly**  
USDA treats all oils as though they were unhealthy when studies show oils such as olive and canola oils can strengthen the heart and slow hardening of the arteries.

**Daily exercise and weight control** USDA says nothing about lifestyle in food pyramid, but Willett considers exercise essential.

GLOBE STAFF GRAPHIC/FARHANA HOSSAIN

# Fact #10

Fats and oils are not in the healthy food circle but they are down in one corner as foods that you need a bit of but not too much. Your body still needs them, but they could be found in other foods like meat and dairy products.

