How Smart Are Crystal’s Food Choices?

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup coffee</td>
<td>PB&amp;J sandwich</td>
<td>1 large apple</td>
<td>1 cup rice</td>
</tr>
<tr>
<td>2 scrambled eggs</td>
<td>15 tiny pretzels</td>
<td>7 round crackers</td>
<td>5 slices turkey</td>
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<tr>
<td>1 cup grits</td>
<td>12-ounce can cola</td>
<td></td>
<td>2 tablespoons gravy</td>
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<td></td>
<td></td>
<td></td>
<td>1 small roll</td>
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<td></td>
<td></td>
<td></td>
<td>1/2 cup green beans</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>12 ounces sweet tea</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 cup ice cream</td>
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</tbody>
</table>

List the servings in each food group for the three meals and snack in the table below.

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Other</td>
<td></td>
<td></td>
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</tbody>
</table>

How do Crystal’s food choices compare to a 2000 calorie intake? (refer to the back of this handout.)

_________________________________________________________________________________________________

_________________________________________________________________________________________________

What changes can Crystal make in her food choices?

_________________________________________________________________________________________________

_________________________________________________________________________________________________
Recommendations based on a 2,000 calorie intake

**GRAINS** (6 ounces)
1 ounce of grain is:
- a slice of bread
- 1/2 of a hamburger bun or English muffin
- 1/2 cup of cooked pasta, rice, oatmeal, or grits
- 1 cup of dry cereal
- 5–7 crackers

**FRUIT** (2 cups)
1 cup is:
- 1 fist size or medium piece of fresh fruit
- 1 cup of fruit pieces—fresh, frozen, or canned
- 1/2 cup of dried fruit
- 8 ounces of 100% fruit juice

**VEGETABLES** (2½ cups)
1 cup is:
- 1 measured cup of cooked vegetables
- 1 measured cup of raw vegetables
- Exception: 2 cups raw leafy greens = 1 cup of vegetables

**MILK** (3 cups)
1 cup is:
- 8 ounces milk or yogurt
- 1/3 cup of shredded cheese
- 1 1/2 ounces natural cheese
- 2 ounces of processed cheese

**MEAT AND BEANS** (5 1/2 ounces)
1 ounce is:
- 1/4 cup of cooked dry beans or peas
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds
- 1 ounce of meat, poultry or fish