

# Following Dietary Guidelines

## Before You Read

List some things you know and would like to know about recommended diet choices.

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## Read to Learn

### The Food Groups

There are five food groups in MyPyramid. A **food group** is a category of foods that contain similar nutrients—things in food that help your body grow and repair itself.

**Grains** Every day you should eat at least 3 oz of whole-grain cereals, bread, crackers, rice, or pasta. These foods are good sources of vitamins, minerals, and complex carbohydrates. They provide fiber, iron, and vitamin B. A 1 oz serving equals 1 slice of bread, or 1 cup of ready-to-eat cereal, or 1/2 cup of cooked cereal, rice, or pasta.

**Vegetables** You need 2 1/2 cups each day from the vegetable group. These foods are low in fat and calories. They are good sources of vitamins A and C and minerals. Eat a variety from this food group, including dark green vegetables like broccoli and spinach, orange vegetables like carrots and sweet potatoes, and dry beans and peas.

**Fruits** You need 2 cups each day from the fruit group. Fruits are low in fat, and they are good sources of vitamins A and C, potassium, and carbohydrates. Choose a variety of fruits, whether fresh, frozen, canned, or dried, but go easy on fruit juices.

### What You'll Learn

- the different food groups in MyPyramid
- the Dietary Guidelines and how to use them
- how to follow a vegetarian diet

### Study Coach

As you read this lesson, organize information into question-and-answer relationships. Before reading, skim the lesson and make note of the lesson headings. Write each heading in your notes in question form. For example, for the first heading (MyPyramid Food Groups) you might record, "What are food groups?" Then read the lesson. Take notes to answer each of your questions.

### Think It Over

1. List foods for a sample breakfast meal that contains two servings from the grains group, one serving from the milk group, and one serving from the fruit group.

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**✓ Reading Check**

2. What is the importance of the milk group?

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**Think It Over**

3. Why do you think the recommended number of portion sizes in the MyPyramid depends on your age, sex, size, and activity level?

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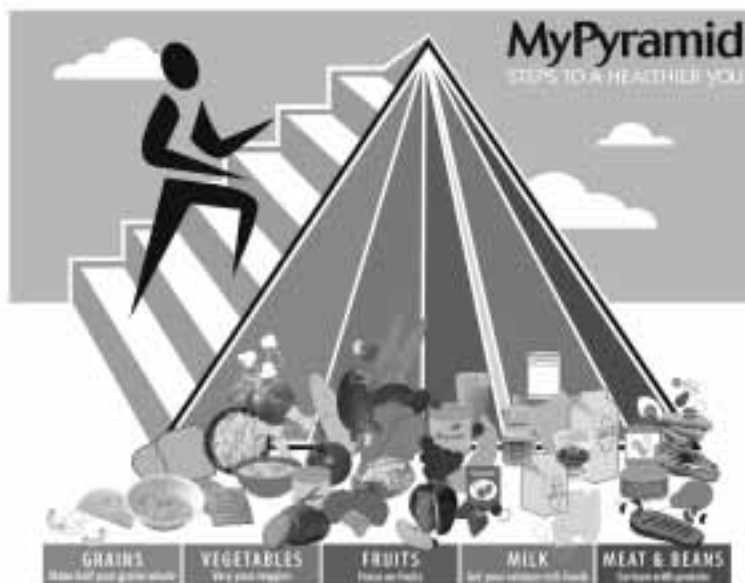
**Milk** You need to consume three cups a day of milk, yogurt, and other dairy products. These foods are good sources of calcium and protein. Select low-fat or fat-free versions of milk products to limit your fat intake.



**Meat and beans** You need to eat at least 5 1/2 oz every day from this food group, which includes meat, poultry, eggs, fish, beans, peas, nuts, and seeds. These foods are good sources of protein, B vitamins, iron, and zinc. Limit fat intake by choosing low-fat or lean meats and poultry, and bake, broil, or grill the food instead of frying it. Choose more fish, beans, peas, nuts, and seeds to boost your intake of essential fatty acids.

**Oils** Oils are not one of the five food groups, but they are included on MyPyramid because they provide essential fatty acids and vitamin E. Oils are different from solid fats, which can increase the risk for heart disease. You should limit the amount of oils you consume to about 5 teaspoons per day. Oils are found in nuts, fish, cooking oil, and salad dressings.

**The MyPyramid Food Guidance System** A guide that recommends the kinds and amounts of foods to eat each day is the **MyPyramid**. You need to eat foods from all groups each day for good health. The number of servings recommended for you depends on your age, gender, size, and activity level.



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**Serving size guidelines** A serving is a specific amount of food that is indicated on the nutrition label. MyPyramid shows a range of servings for each major food group. A balanced diet includes servings of foods from different food groups. The number of servings that is right for you depends on how many calories you need, which in turn depends on your age, sex, size, and how active you are. Almost everyone should have at least the number of servings in the ranges.

The following calorie level suggestions are based on the 2005 recommendations of the U.S. Department of Agriculture (USDA) Center for Nutrition Policy and Promotion.

- 1800 calories is about right for many active young girls, sedentary teenage girls, and sedentary women.
- 2200 calories is about right for most active adolescent girls, active women, sedentary teenage boys, and sedentary men. ✓
- 3000 calories is about right for many active teenage boys and active men.

The greatest number of servings of food you eat each day should come from the widest sections of MyPyramid.

### Sample Diets for a Day at Three Calorie Levels

Food Groups	Lower Level (about 1800)	Moderate Level (about 2200)	Higher Level (about 3000)
Grains	6 oz.	7 oz.	10 oz.
Vegetables	2.5 cups	3 cups	4 cups
Fruits	1.5 cups	2 cups	2.5 cups
Milk	3 cups	3 cups	3 cups
Meat and beans	5 oz.	6 oz.	7 oz.

### ✓ Reading Check

4. How many calories a day is about right for a 35-year-old man who does not engage in physical activity?
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### Think It Over

5. Suppose that your calorie level is moderate. If you are going on a three-day camping trip, how much food should you pack from each of the five food groups?
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**✓ Reading Check**

6. What are the Dietary Guidelines?

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**Dietary Guidelines**

The **Dietary Guidelines** are recommendations for dietary habits among Americans two years of age or older to promote health and reduce risk for major chronic diseases. ✓



**Think It Over**

7. Read the Dietary Guidelines in the table. Fill in the column beside each Dietary Guideline with an example of how you can promote your health by using the guideline in your life.

**Dietary Guidelines**

Guideline	Description of Guideline	Example
Adequate Nutrients Within Calorie Needs	Eat a variety of nutrient-dense foods and beverages and adopt a balanced eating pattern based on MyPyramid.	
Weight Management	Balance calories consumed from foods and beverages with calories expended.	
Physical Activity	Engage in regular physical activity to promote health, psychological well-being, and a healthy body weight.	
Food Groups to Encourage	Consume a variety of fruits and vegetables, whole-grain products, and 3 cups per day of fat-free or low-fat milk or milk products.	
Fats	Choose a diet low in fat and cholesterol. Minimize saturated and trans fatty acid consumption. Instead select polyunsaturated and monounsaturated fatty acid foods such as fish, nuts, and vegetable oils.	
Carbohydrates	Choose fiber-rich foods and avoid sugars and caloric sweeteners.	
Sodium and Potassium	Consume potassium-rich foods such as fruits and vegetables. Choose and prepare foods with little salt.	
Alcoholic Beverages	Do not drink alcohol, or drink sensibly and in moderation (if you are an adult).	
Food Safety	See Lesson 28 for information on how to reduce the risk of microbial food-borne illness.	

## Vegetarian Diets

A **vegetarian diet** is a diet in which vegetables are the foundation, and meat, fish, and poultry are restricted or eliminated. There are four kinds of vegetarian diets. A diet that excludes foods of animal origin is a **vegan diet**. A diet that excludes eggs, fish, poultry, and meat is a **lacto-vegetarian diet**. A diet that excludes fish, poultry and meat is an **ovo-lacto vegetarian diet**. A diet that excludes red meat is a **semi-vegetarian diet**. ✓

**Health benefits** Vegetarian diets have some health benefits. Animal products are sources of fats, saturated fats, and cholesterol. A diet low in fats, saturated fats, and cholesterol helps reduce blood cholesterol. Vegetarian diets also make it less likely that you will develop high blood pressure, heart disease, diabetes, and breast and colon cancer. Of course, eating meat on a limited basis will still provide these health benefits.

**Discussing choices** If you choose a vegetarian diet, you should discuss your choice with your parents or guardian and a physician or dietitian.

**Incomplete proteins** Foods from animals are a source of complete protein. If you do not eat foods from animals, you must combine different sources of incomplete protein to get all of the essential, or necessary, amino acids. Because foods from animals are the source of Vitamin B<sub>12</sub>, a physician may recommend that you take vitamins to get enough Vitamin B<sub>12</sub>. Dairy foods are the best source of calcium. If you restrict or eliminate dairy products, you should discuss with a physician or dietitian how to get enough calcium.

### How to Include More Vegetables in Your Diet

- Create a salad. Try red leaf lettuce, spinach, bean sprouts, zucchini, cauliflower, peas, mushrooms, or red or yellow peppers.
- Select main dishes containing vegetables, such as pasta primavera, meatless chili, or minestrone soup.
- Make a sandwich containing vegetables, such as bean sprouts or cucumbers.
- Drink 100 percent vegetable juice instead of soda pop.
- Snack on raw carrot sticks, broccoli, cauliflower, celery sticks, and cucumber slices.

### ✓ Reading Check

8. What is the name of the vegetarian diet that does not have any foods that come from animals?

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### Think It Over

9. Suppose you want to find out how to eliminate red meat from your diet and still get complete proteins. Where might you look for reliable information on different food combinations that will allow you to get the amino acids you need?

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## After You Read

### Reviewing Key Terms

**cholesterol:** a fatlike substance made by the body and found in certain foods.

**Dietary Guidelines:** recommendations for healthy dietary habits among Americans two years of age or older

**food group:** a category of foods that contain similar nutrients

**MyPyramid:** a guide that recommends the kinds and amounts of food to eat each day

**lacto-vegetarian diet:** a diet that excludes eggs, fish, poultry, and meat

**ovo-lacto vegetarian diet:** a diet that excludes fish, poultry, and meat

**saturated fat:** a type of fat found in dairy products, solid vegetable fat, meat, and poultry

**semi-vegetarian diet:** a diet that excludes red meat

**vegan diet:** a diet that excludes foods of animal origin

**vegetarian diet:** a diet in which vegetables are the foundation, and meat, fish, and poultry are restricted or eliminated

Review the definitions of the Key Terms. Then explain the relationship between the terms **Dietary Guidelines** and **MyPyramid**.

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### Reviewing the Main Ideas

Use the window pane diagram to list one of the nine Dietary Guidelines in each pane and give a brief description of each.

**Dietary Guidelines**


Write a menu for one day. Be sure to include the recommended number of servings for each food group, as shown in MyPyramid.

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Snack \_\_\_\_\_