

MNT Nutrition Guidelines

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Food Group Recommendations

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Good = Indicates doing well. **Attention** = Indicates an area where improvement is needed.

Good Breads

Breads, cereals and other grain products such as rice, pasta and baked goods are all outstanding sources of B vitamins, fiber and wholesome energy. One serving is equal to 1 slice of bread, ½ cup of rice, pasta or cooked cereal, or 3 cups of air popped popcorn. Keep up the good work.

Attention Fruit

Try to eat more fruit each day. Fresh or frozen are best, and canned fruit, although sweetened, is better than none. Fruit are a good source of fiber and cancer fighting nutrients. Eat at least 2 or 3 servings a day.

Attention Vegetables

Eat more vegetables each day. Dark green leafy vegetables are high in calcium, vitamin C and antioxidant nutrients. Try to eat enough servings of a variety of vegetables to reach your goal each day.

Good Meat/Protein

A single serving of meat includes 3.5 oz. of lean meat, such as chicken, turkey or fish. Plant sources of protein may be very healthy meat alternative. These include soy and soy based products. One serving of soy each day may lower a number of risk factors for heart disease and osteoporosis. Other protein foods include, beans, peas, nuts and eggs (egg whites). You're doing well in this area - keep it up.

Good Milk

Milk and milk products are good sources of calcium. Continue to have at least 2 servings from the milk group each day. These may include low fat cheese, low fat yogurt or other low fat dairy products. Good alternatives to milk include fortified milk substitutes. Milk is a good source of protein, calcium, and vitamin D. Keep up the good work.

Good Added Fats

Fat is a significant source of food energy (calories). There are 9 calories in every 1 gram portion of fat. That's more than twice as much as in carbohydrate or protein. Continue to limit added fats. One serving is 1 tablespoon of oil, margarine, butter, or shortening. Soft spreads labeled "non-hydrogenated" are preferred to regular butter or margarine.

Attention High Fat and Sugar Products

Look for ways to avoid foods with empty calories, particularly foods high in fat and sugar. These including alcohol, fatty or sugary desserts, candy and sugar sweetened beverages, or anything high in refined calories with very few nutrients.