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Eat Right- Feel Right

Michigan State University

Cooperative Extension Service

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# Eat Right—Feel Right

daily guide to health

Extension Bulletin E-898 — Family Living Series  
 BY ANITA DEAN, Extension Specialist in Food Science and Human Nutrition

Every day you need these 11 basic nutrients: protein, carbohydrate, fat, thiamin, riboflavin, niacin, vitamins A and C, calcium and iron. If you get all from a variety of foods, you'll also get all the other essential nutrients your body needs.

To Be Sure You Get:	PICK & CHOOSE	From These Groups Daily:
Vitamin C  Vitamin A  Other Vitamins and minerals	Citrus or other fruit or vegetable, such as cantaloupe, raw strawberries, broccoli, brussels sprouts, green pepper, tomatoes, potatoes, cabbage, greens.  Dark-green or deep-yellow vegetable at least every other day, such as broccoli, carrots, chard, cress, kale, pumpkin, spinach, sweet potatoes, or fruit, such as apricots, cantaloupe.  Other vegetables and fruits	Vegetables & Fruits  4 or more servings
Calcium, Riboflavin, Protein	Milk — fluid whole, evaporated, skim, dry, buttermilk; Cheese — cottage, cheddar type, natural or process; Ice cream; Yogurt. (Milk equivalents — 1 oz. cheese = 1 cup; ½ cup cottage cheese = ⅓ cup; ½ cup ice cream or ice milk = ½ cup; ½ cup yogurt = ½ cup.)	Milk-Dairy 2 or more cups (adults) 2-3 cups (under 9 yrs) 3-4 cups (9-12 yrs) 4 or more cups (teens)
Protein, Iron, Niacin	Beef, veal, pork, lamb, game, poultry, fish, eggs; or dry beans, dry peas, nuts, peanut butter, as alternatives	Meats 2 or more servings
Carbohydrate, Thiamin, Riboflavin, Niacin, Iron	Whole grain, enriched, or restored bread and cereals; cooked and ready-to-eat cereals; cornmeal, crackers, flour, grits, macaroni, spaghetti, noodles; rice, wheat, bulgur, rolled oats, granola, bran.	Bread-Cereal 4 or more servings
Carbohydrate, Fat, Vitamin A	Unenriched breads, sweet rolls, doughnuts, cereals, flours; cooking fats and oils, salad dressing; butter, margarine, cream, bacon; sugars, syrup, jellies, jams, honey, candy	Other (High Calorie)  Limit if overweight

## How Much in a Serving?

½ cup fruit, vegetable, or juice or 1 portion of fruit, 1 cup flaked or puffed cereal, ¼ cup granola, ½ cup bran, ½ - ¾ cup cooked cereal, 1 slice of bread, 2 ounces of cooked lean meat. (One egg, ½ cup cooked dry beans, peas, lentils, 2 tablespoons of peanut butter or 1 ounce of cheese may replace one-half serving of meat.)

## How Do Your Food Choices Add Up?

### AT THE END OF THE DAY:

- *Balanced diet (good health)*
- *Too many calories (weight gain)*
- *Too few calories (weight loss)*
- *Not enough nutrients (malnutrition)*
- *Too many of some nutrients (fat or protein)*

OR

### THE REST OF YOUR LIFE:

*Good health, normal weight, pep and energy, good appearance*

*Obesity and related problems, lack of pep and energy, limited activity, poor health, high medical bills, concern over appearance*

### Calorie-Conscious Considerations (If weight is a problem)

	Age	Recommended Calories
MALE	11-14	2,800
	15-22	3,000
	23-50	2,700
	51 +	2,400
FEMALE	11-14	2,400
	15-22	2,100
	23-50	2,000
	51 +	1,800
PREGNANT		+300
NURSING		+500
CHILD	1- 3	1,300
	4- 6	1,800
	7-19	2,400

(National Research Council 1974)  
For more information on weight control see U.S. Dept. of Agriculture HG 74 "Food and Your Weight". For sale by the Superintendent of documents, U.S. Govt. Printing Office, Washington, DC 20402.

### Keep a Personal Food Diary

FOOD GROUP	Recommended Minimum Servings	(Over or Under)	
		Actual Servings	Your Record
Meat-Fish-Poultry	2	_____	_____
Vegetable-Fruit	4	_____	_____
Milk	2	_____	_____
Cereal-Bread	4	_____	_____
Extras	varies	_____	_____

Record each serving right after eating.

### Watching Your Weight ?

The minimum servings in the four food groups furnish about 1,200 calories and are the basis for a good weight reduction diet.

Calorie needs differ, depending on body composition and size, age and activity.

For best results, combine sound meals with moderate amount of physical activity. Check the size and number of servings. Choose forms of food lower in calories. Include all food groups. Avoid fad diets. Limit "extras" from high calorie group.

### Daily Food Guide Insures "Variety"

Eat the recommended servings shown in the table above, to get:

**PROTEIN** to build and repair body tissue, and for energy.

**MINERALS AND VITAMINS** for growth and proper body functioning.

**CARBOHYDRATES AND FATS** for energy. Choose foods you like which fit your budget. Many combinations of foods can make up a good diet. Don't narrow your food choices and risk short-changing yourself on nutrients.