

# NUTRITION GUIDE

## Suggested Portion Sizes for Children Ages 1 to 5 years

FOOD GROUP	1 TO 3 YEARS	4 TO 5 YEARS	RECOMMENDED DAILY SERVINGS
<b>GRAIN GROUP (Choose whole grains when possible)</b>			<b>≥ 6 SERVINGS</b>
Bread	¼ - ½ slice	1 slice	
Buns, bagels, muffins	¼ - ½	½	
Crackers	2-3	4-6	
Dry cereal	¼ - ½ cup	½ cup	
Cooked cereal	¼ - ½ cup	½ cup	
Rice, pasta	¼ - ½ cup	½ cup	
<b>FRUIT/ VEGETABLE GROUP</b>			<b>≥ 5 SERVINGS</b>
<b>VITAMIN C SOURCES (Citrus, tomato, berries, peppers)</b>			<b>≥ 1 SERVINGS</b>
Whole	½ small	½ - 1 small	
Cooked, canned, or chopped raw*	¼ - ½ cup	¼ - ½ cup	
Juice	¼ - ½ cup	½ cup	
<b>VITAMIN A SOURCES (Carrots, broccoli, sweet potato, cantaloupe; choose orange, yellow or green colors)</b>			<b>≥ 1 SERVINGS</b>
Cooked, canned, or chopped raw	¼ cup	¼ - ½ cup	
<b>OTHER FRUITS/VEGETABLES</b>			<b>≥ 3 SERVINGS</b>
Whole	¼ - ½ piece	½ - 1 piece	
Cooked, canned or chopped raw*	¼ cup	¼ - ½ cup	
Juice	¼ - ½ cup	½ cup	
<b>MILK GROUP</b>			<b>4-6 SERVINGS</b>
Milk, yogurt	¼ cup	½ cup	
Cheese	¼ oz	1 oz	
<b>PROTEIN GROUP</b>			<b>2 SERVINGS</b>
Lean meat, chicken, fish	1-3 tbsp, 1-2 oz	2-2½ oz	
Beans, peas, nuts and nut butter**	2-4 tbsp	4-5 tbsp	
Egg	1	1	
<b>FAT GROUP</b>			<b>3-4 SERVINGS (DEPENDS ON CALORIE NEEDS)</b>
Margarine, butter, oils	1 tsp	1 tbsp	

\*See choking hazards on next page

\*\* Caution with children under 3 years old, especially if high risk for food allergies

# **Nutrition Guide For Restaruants**

**Food and Nutrition Information and  
Educational Materials Center (U.S.)**



## **Nutrition Guide For Restaurants:**

**Guide to Healthy Restaurant Eating** Hope S. Warshaw, 2006 This bestselling and indispensable guide contains the most complete and user friendly restaurant nutrition facts for people living with diabetes Reflecting the most recent additions and deletions to the restaurant industry's ever changing menus this revised and expanded edition covers more than 5 000 menu items from more than 60 chain restaurants

**Healthy Dining in Los Angeles** Anita Jones, Esther Hill, 1995 HEALTHY DINING IN LOS ANGELES is a unique restaurant guide which features healthy low fat items off the menus of over 100 Los Angeles restaurants with a wide range of prices types of cuisine For each of the restaurants listed 4 to 6 entrees were selected for analysis numerical values are published for calories fat cholesterol sodium diabetic exchanges A check mark system helps the reader scan quickly for items of particular interest Also included 49 chefs recipes restaurant coupons worth over 200 at participating restaurants 40 pages of helpful nutrition information discussing fat cholesterol etc how to make better choices at restaurants HEALTHY DINING guides are also available for ORANGE COUNTY SAN DIEGO All editions available through Sunbelt Publications or Hill Hill Publishing 619 453 3814

**The Get With The Program!**

**Guide to Fast Food and Family Restaurants** Bob Greene, 2004-01-01 It's not where you eat it's what you eat From Bob Greene the bestselling author of Get With the Program comes a handy portable guide to dining out With healthy choices from more than 75 fast food and family restaurants including Applebee's The Olive Garden Kentucky Fried Chicken McDonald's Burger King Domino's Pizza Subway Dairy Queen and Taco Bell now you can feel confident about staying on the Program when dining out with friends or family There are no confusing nutritional charts or graphs just simple honest advice for those of us who enjoy dining out Each restaurant listing offers Bob's Top Picks for healthy and delicious options as well as a list of menu items that are not on the Program With tips on portion control beverage choices and balancing fat carbohydrates and protein this is an indispensable book for anyone who dines out once a year or once a week Whether you're on the Program or just getting started you will turn to The Get With the Program Guide to Fast Food and Family Restaurants to make smart choices when dining out

**Food Labeling** DIANE Publishing Company, 1997-10 Pamphlets from the vertical file

[Guide to Healthy Fast-Food Eating](#)

Hope S. Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and more Exchange and serving sizes for every menu item Common pitfalls of fast food eating and how to avoid them Tips for making healthier fast food choices Realistic ways to deal with diabetes related dining dilemma

**Nutrition Labeling and Information:**

**Representatives of fast food companies and restaurants ... USDA-FDA; and representatives from commodity and trade associations** United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on

Nutrition,1978      Healthy Dining in Los Angeles ,2002      **Guide to Healthy Fast-Food Eating** Hope Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America      *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976      **The Complete Idiot's Guide to the TLC Diet** Diane A. Welland M.S., R.D.,2012-12-31 The TLC Therapeutic Lifestyle Changes Diet is a low saturated fat low cholesterol diet that was originally designed to help high risk patients reduce their high blood cholesterol levels as well as lowering risk for developing heart disease and suffering future heart attacks However this diet isn t just for those dealing with health problems because recent studies have also revealed that TLC happens to be one of the healthiest and best overall diets for anyone interested in a healthier lifestyle U S News and World Report recently ranked TLC as the 2 best overall diet as well as being one of the best diets for heart healthy eating 2 and overall healthy eating 2 The TLC Diet was created by the U S National Institutes of Health s National Cholesterol Education Program and is considered a medically sound and well researched diet As opposed to gimmick diets that are often debunked this diet will be around for the long term However unlike other diets that offer a step by step plan TLC requires effort and attention on the part of the follower for long term success The Complete Idiot s Guide to the TLC Diet offers readers a structured program not only for eating and cooking for TLC success but it offers guidance for healthy lifestyle changes that will provide a non gimmick medically proven plan for anyone interested in healthy life changing results Readers will learn the often confusing differences between good and bad cholesterol how to cook and eat right to get the desired results and how to change their lives for the better with this sound healthy program      *Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.),1977      **Healthy Dining in Los Angeles** Anita Jones,1998

**Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** ,1975      **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),1976      **The Navy Seal Nutrition Guide** Patricia A. Deuster,1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices      **Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975** Food and Nutrition Information and Educational Materials Center (U.S.),1975      *Healthy Dining in San Diego* ,2005      The Dental Hygienist's Guide to Nutritional Care E-Book Cynthia A. Stegeman,Judi Ratliff Davis,2018-03-01 Selected for Doody s Core Titles 2024 in Dental Hygiene Auxiliaries Learn how to apply nutritional

principles to promote optimal patient care The Dental Hygienist's Guide to Nutritional Care 5th Edition explains how teaching proper nutrition can improve your clients oral and systemic health Case studies and clear full color photos and illustrations provide a basis for assessing diagnosing planning implementing and evaluating the care of patients In addition a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination Written by an interdisciplinary author team with expertise in nutrition and dental hygiene this book was the first nutritional guide designed specifically for dental hygienists UNIQUE Biochemistry chapter covers the essential concepts tested on the National Board Dental Hygiene Examination NBDHE UNIQUE Coverage of vitamins and minerals is based on the oral effects of micronutrients Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations in each chapter Case studies and Health Applications demonstrate how nutrition concepts can be applied to specific patient situations Learning features include pretests and key terms highlighted in each chapter with definitions in the glossary Practice quizzes online allow you to test your comprehension and include feedback and remediation for incorrect answers NEW Updated content addresses interdisciplinary practice and the FDA's Food Safety Modernization Act with expanded coverage of older adults vitamin D and nutrigenomics NEW Coverage of the latest federal nutrition standards includes the Dietary Guidelines for Americans the Nutrition Facts label and more NEW UPDATED full color illustrations include additional clinical photos as well as food source photos in the micronutrient chapters

**Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information and Educational Materials Center (U.S.),1973      **Today's Special: Nutrition Information** ,

## Unveiling the Magic of Words: A Report on "**Nutrition Guide For Restaruants**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Nutrition Guide For Restaruants**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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