

COMMON FOODS IN THE 6 FOOD GROUPS

(This information comes from the USDA website under MyPyramid)

<http://www.mypyramid.gov/pyramid/index.html>

1. FRUITS

What foods are in the fruit group? Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:

Apples Apricots Avocado Bananas	<i>Berries:</i> strawberries blueberries raspberries cherries	<i>Grapefruit</i> Grapes Kiwi fruit Lemons Limes Mangoes	<i>Melons:</i> cantaloupe honeydew watermelon	<i>100% Fruit juice:</i> orange apple grape grapefruit	<i>Mixed fruits:</i> fruit cocktail Nectarines Oranges Peaches Pears	<i>Papaya</i> Pineapple Plums Prunes Raisins Tangerines
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2. GRAINS

What foods are in the grain group? Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole grains contain the entire **grain kernel** -- the bran, germ, and endosperm. Examples include:

- whole-wheat flour; bulgur (cracked wheat); oatmeal; whole cornmeal; brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour; degermed cornmeal; white bread; white rice

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Some commonly eaten grain products are:

<u>Whole grains:</u> brown rice buckwheat bulgur (cracked wheat) oatmeal popcorn	<u>whole grain</u> barley whole grain cornmeal whole rye whole wheat bread	<u>Less common whole grains:</u> amaranth millet quinoa sorghum triticale	<u>Ready-to-eat breakfast cereals:</u> whole wheat cereal flakes muesli
<u>whole wheat crackers</u> whole wheat pasta whole wheat sandwich buns and rolls whole wheat tortillas wild rice	<u>Refined grains:</u> cornbread* corn tortillas* couscous* crackers* flour tortillas* grits noodle	<u>Pasta</u> spaghetti macaroni pitas pretzels	<u>Ready-to-eat breakfast cereals</u> corn flakes white bread white sandwich buns and rolls white rice.

3. MEAT & BEANS

What foods are included in the meat, poultry, fish, dry beans, eggs, and nuts (meat & beans) group? All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

Some commonly eaten choices in the Meat and Beans group are:

<u>Meats</u> <u>Lean cuts of:</u> beef ham lamb pork veal <u>Game meats:</u> bison rabbit venison <u>Lean ground meats:</u> beef pork lamb	<u>Dry beans and peas:</u> black beans black-eyed peas chickpeas (garbanzo beans) falafel kidney beans lentils lima beans (mature) navy beans pinto beans soy beans split peas tofu (bean curd made from soy beans) white beans	<u>Fish</u> <u>Finfish such as:</u> catfish cod flounder haddock halibut herring mackerel pollock porgy salmon sea bass snapper swordfish trout tuna	<u>Shellfish such as:</u> clams crab crayfish lobster mussels octopus oysters scallops squid (calamari) shrimp	<u>Nuts & seeds:</u> almonds cashews hazelnuts (filberts) mixed nuts peanuts peanut butter pecans pistachios pumpkin seeds sesame seeds sunflower seeds walnuts
<u>Lean luncheon meats:</u> <u>Organ meats:</u> liver giblets	bean burgers: garden burgers veggie burgers tempeh texturized vegetable protein (TVP)	<u>Canned fish such as:</u> anchovies clams tuna sardines	<u>Poultry:</u> chicken duck goose turkey ground chicken and turkey	<u>Eggs</u> chicken eggs duck eggs

4.MILK GROUP

What foods are included in the milk, yogurt, and cheese (milk) group? All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.

Some commonly eaten choices in the milk, yogurt, and cheese group are:

<u>Milk</u> All fluid milk: fat-free (skim) low fat (1%) reduced fat (2%) whole milk <u>flavored milks:</u> chocolate strawberry actose reduced milks lactose free milks	<u>Cheese*</u> <u>Hard natural cheeses:</u> cheddar mozzarella Swiss parmesan <u>soft cheeses:</u> ricotta cottage cheese processed cheeses American	<u>Yogurt</u> All yogurt Fat-free low fat reduced fat whole milk yogurt	<u>Milk-based desserts:</u> Puddings made with milk ice milk frozen yogurt ice cream
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5.OILS

What are “oils”? Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish.

Some common oils are:

- *Canola oil*
- *Corn oil*
- *Cottonseed oil*
- *Olive oil*
- *Safflower oil*
- *Soybean oil*
- *Sunflower oil*

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like:

- *nuts*
- *olives*
- *some fish*
- *avocados*

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no trans fats.

Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no foods from plants sources contain cholesterol.

A few plant oils, however, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solid fats are:

- *butter*
- *beef fat (tallow, suet)*
- *chicken fat*
- *pork fat (lard)*
- *stick margarine*
- *shortening*

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6.VEGETABLES

What foods are in the vegetable group? Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

<p><u>Dark green vegetables:</u> <i>bok choy</i> <i>broccoli</i> <i>collard greens</i> <i>dark green leafy lettuce</i> <i>kale</i> <i>mesclun</i> <i>mustard greens</i> <i>romaine lettuce</i> <i>spinach</i> <i>turnip greens</i> <i>watercress</i></p>	<p><u>Orange vegetables:</u> <i>acorn squash</i> <i>butternut squash</i> <i>carrots</i> <i>hubbard squash</i> <i>pumpkin</i> <i>sweetpotatoes</i></p>	<p><u>Dry beans and peas:</u> <i>black beans</i> <i>black-eyed peas</i> <i>garbanzo beans (chickpeas)</i> <i>kidney beans</i> <i>lentils</i> <i>lima beans (mature)</i> <i>navy beans</i> <i>pinto beans</i> <i>soy beans</i> <i>split peas</i> <i>tofu (bean curd made from soybeans)</i> <i>white beans</i></p>	<p><u>Starchy vegetables:</u> <i>corn</i> <i>green peas</i> <i>lima beans (green)</i> <i>potatoes</i></p>	<p><u>Other vegetables:</u> <i>artichokes</i> <i>asparagus</i> <i>bean sprouts</i> <i>beets</i> <i>Brussels sprouts</i> <i>cabbage</i> <i>cauliflower</i> <i>celery</i> <i>cucumbers</i> <i>eggplant</i> <i>green beans</i> <i>green or red peppers</i> <i>iceberg (head) lettuce</i> <i>mushrooms</i> <i>okra</i> <i>onions</i> <i>parsnips</i> <i>tomatoes</i> <i>tomato juice</i> <i>vegetable juice</i> <i>turnips</i> <i>wax beans</i> <i>zucchini</i></p>
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