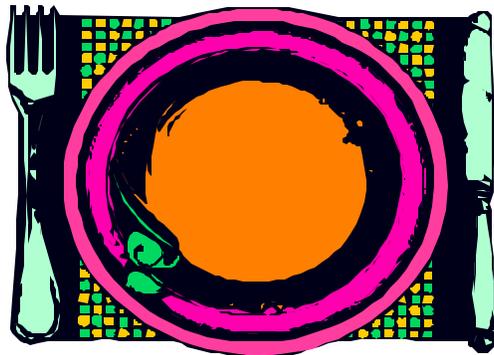


BASIC NUTRITION INFORMATION

AND

RESOURCES



(Internet)



The “Suggested Daily Eating Guide” was revised in 1993 (next page) and is included as an insert with the “Basic Nutrition Facts” publication cited in administrative rules 400.1419(3), 400.14313(2) and 400.15313(2)

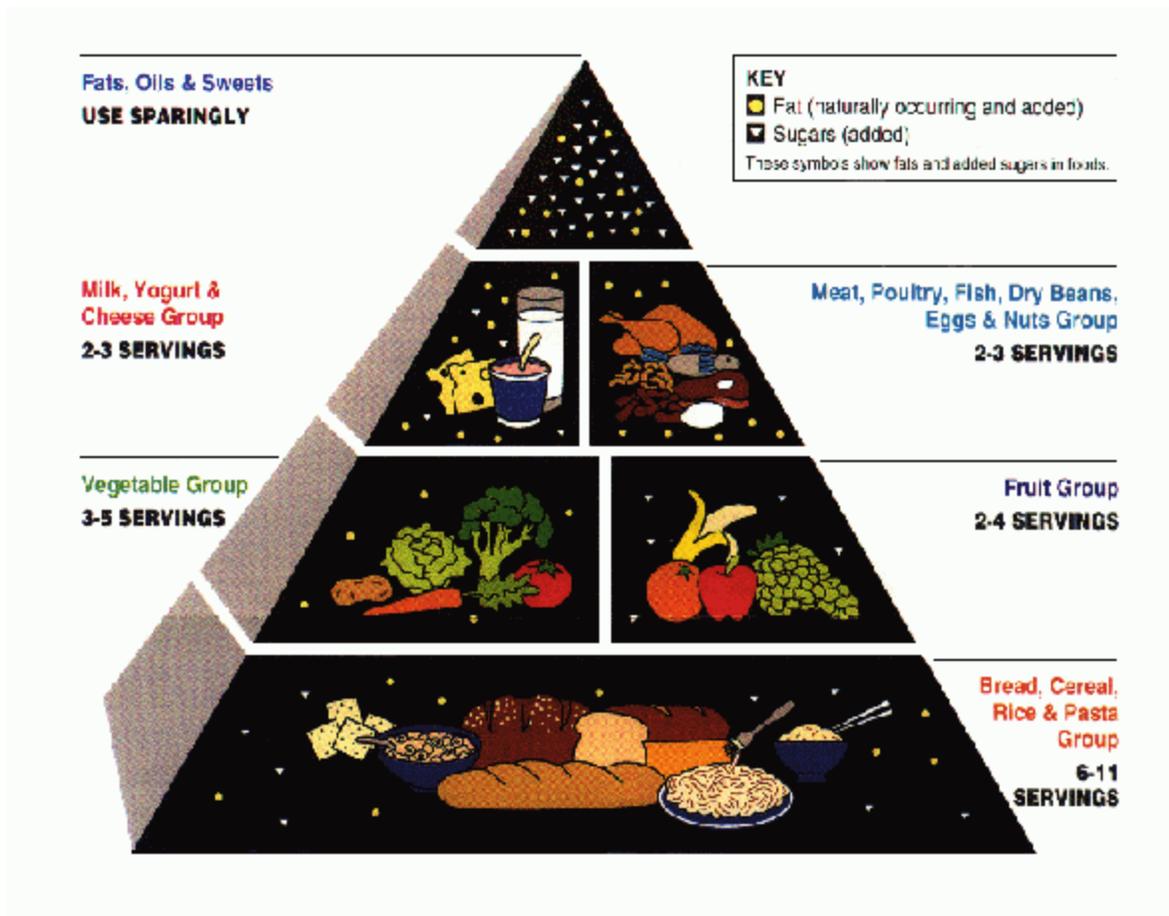


Table 6.1. Suggested Daily Eating Guide, Revised 1993

The guide is aimed at meeting 100% of the Recommended Dietary Allowances for nutrients. Eat a variety of foods from each group daily.¹

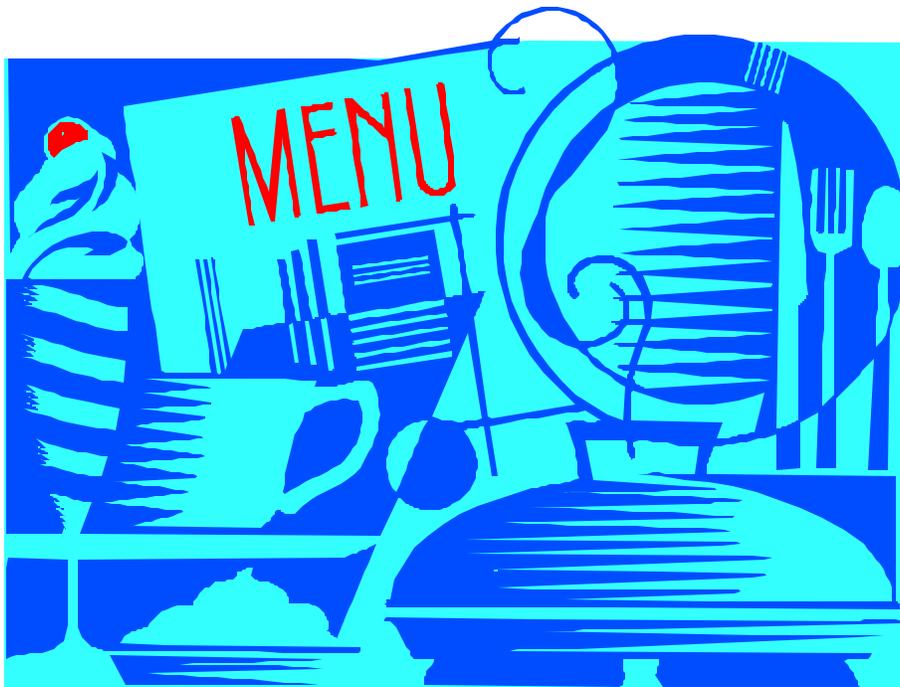
Note: Serving sizes are different for children and adults. See child-size servings below. Eating the suggested servings from food groups below may provide fewer calories than needed by some individuals. Eat additional servings to maintain a healthy body weight.

Food Groups:	Minimum Number and Sizes of Servings per Day by Age and Life Cycle Group:			
	1-3 yrs	and 4-6 yrs	7-10 yrs	11-24 yrs 25 and older Pregnancy/Lactation
Bread/Cereal/Rice/Pasta	8 child-size servings		6 servings	6 servings 6 servings 7 servings
Choose a combination of whole grain, enriched or fortified breads and fortified breads and cereals daily Choose one serving daily of a cereal fortified with iron, zinc and folic acid ²	1 CHILD-SIZE SERVING = ½ slice bread ¼ c. cooked cereal ½ c. ready-to-eat cereal ¼ c. pasta ¼ c. rice 2 2" square crackers 1 2½" sq. graham cracker		1 SERVING = 1 slice bread ½ cup cooked cereal About 1 cup (1 ounce) ready-to-eat cereal ½ cup pasta ½ cup rice 4 2" square crackers 2 2½" sq. graham crackers	
Vegetable	3 child-size servings		3 servings	3 servings 3 servings 3 servings
Vitamin A source -- include every other day (See Nutrient Sources on reverse side.) Folic acid source -- include daily ² (See Nutrient Sources.)	1 CHILD-SIZE SERVING = Cooked: ¼ cup Raw: few pieces (no hard raw for child under 3 yrs.) ³ Leafy raw: ½ cup Juice: ¼ cup		1 SERVING = Cooked: ½ cup Raw: ¼ cup Leafy raw: 1 cup Juice: ¾ cup	
Fruit	2 child-size servings		2 servings	2 servings 2 servings 3 servings
Vitamin C source -- include one daily (See Nutrient Sources on reverse side.)	1 CHILD-SIZE SERVING = Canned: ¼ cup Raw: ¼ small Juice: ½ cup		1 SERVING = Canned: ¼ cup Raw: 1 piece Juice: ¾ cup	
Milk/Yogurt/Cheese	5 child-size servings		2 servings	3 servings 2 servings 3 servings
Consume Vitamin D-fortified foods or be exposed to sunlight to meet Vitamin D needs	1 CHILD-SIZE SERVING = ¼ cup milk (only whole for child under 2 years) 1-inch-square cheese cube 1 slice processed cheese ½ cup yogurt 1/2 CHILD-SIZE SERVING= ½ cup cottage cheese		1 SERVING = 1 cup milk (lowfat or skim recommended) 1 cup yogurt (lowfat recommended) ½ SERVING = 1 cup cottage cheese 1-inch-square (about ¾ ounce) cheese cube 1 slice (about 1 ounce) processed cheese	

Meat/Poultry/Fish/Dry Beans/Eggs/Nuts	3 child-size servings	2 servings	2 ½ servings	2 ½ servings	3 servings
	1 CHILD-SIZE SERVING= 1 oz. lean meat, fish or poultry 1 egg ½ cup cooked, dry beans or dry peas 2 Tbsp. peanut butter ½ cup tofu	1 SERVING = 2 oz. lean meat, fish or poultry 1 cup cooked, dry beans or dry peas 1/2 SERVING = 1 egg 2 Tbsp. Seeds 1/3 cup nuts 2 Tbsp. Peanut butter ½ cup tofu			
Fat/Oils					
<p>Examples: Bacon, powdered coffee whitener, cream, margarine, butter, mayonnaise, salad dressing and vegetable oils, such as corn oil, safflower oil, canola oil. etc. For Children: Fat/oils are essential for young children. Equivalent of 3 tsp. margarine, butter or oils should be eaten daily. Approximately 30% of total calories should come from fat sources.</p> <p>For Adults: Fats/oils are a source of calories supplying few nutrients. Eat sparingly. Only eat these foods after eating minimum recommended servings from food groups above and if energy needs allow the high calories from these foods. No more than 30% of total calories should come from this group for adults.</p>					
Average calories supplied by minimum recommended servings from food groups:	1,300	1,500	1,800	1,500	1,880
RDA energy (calorie) ranges	900-1,800	1,300-2,300	1,650-3,300	2,200-2,900	2,200-2,900 +300/+500
Recommended (RDA) daily average energy needs	Calories supplied by this Daily Eating Guide, with no added fat, oil, sweets or alcohol are fewer than the needs of some Individuals. Energy needs vary greatly, depending on growth status, age, sex , body size, activity and changes necessary to reach or maintain a healthy body weight.				

- 1 Page 6-10 of *Basic Nutrition Facts* shows an example of how to divide suggested food groups across the day.
- 2 Women of child-bearing age should eat more foods that are good sources of folic acid daily to help prevent birth defects.
- 3 Young children are more prone to choking on small, round, hard foods with slippery surfaces.

The Daily Menu Checklist, which follows, may be used to evaluate menus to determine compliance with administrative rules.



AFC LICENSING DIVISION DAILY MENU CHECKLIST

This checklist may be used to assure compliance with administrative rule requirements.

G = Minimum for Regular Diet ~ = Maximum for Regular Diet

! = For ages 18-24

Based on the Suggested Daily Eating Guide Revised 1993

DAY #1	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G	!	~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

DAY #2	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G	!	~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

DAY #3	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G	!	~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

DAY #4	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G		~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

DAY #5	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G		~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

DAY #6	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G		~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

DAY #7	1	2	2½	3	4	5	6	7	8	9	10	11
Milk - 2 to 3 Servings	G	G		~								
Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts - 2-3 Servings	G	G		~								
Vegetables - 3 to 5 Servings	G	G		G	~	~						
Fruit - 2 to 4 Servings	G	G		~	~							
Bread, Cereal, Rice, Potato - 6 to 11 Servings	G	G		G	G	G	G	~	~	~	~	~
Fats, Oils, Sweets - Use Sparingly. Make Sure Diet Includes Some Fat												

FIBER

You probably remember hearing fiber referred to as “roughage” and recommended as a way to prevent constipation. Promoting regularity is an important function of fiber (especially for older people), but it is only one of many ways fiber contributes to good health.

The fiber in whole grains, fruits, vegetables, and legumes (beans, lentils, and nuts) has been a mainstay of the human diet for thousands of years. Since the beginning of the 20th century however, Americans have been eating less and less fiber. Today we consume about 11 grams a day, which is only about half of what we need. Although there is no established Recommended Dietary Allowance for fiber, groups such as the National Cancer Institute and The American Dietetic Association suggest that adults consume 20 to 35 grams daily.

Fiber Profile

Fiber, a complex carbohydrate, is generally defined as the part of a plant that cannot be digested. Thus, it adds virtually no calories to the diet. Fiber is classified as water soluble and water insoluble. The chart below summarizes the sources and effects of these two types of fiber.

Type	Effects	Source
Soluble	Lowers cholesterol; helps Manage blood glucose	Fruits (apples, pear, citrus, strawberries), vegetables, dried beans and peas, nuts, seeds, brown rice, oat bran, barley bran, rice bran
Insoluble	Alleviates some digestive disorders; may help may help prevent colon cancer	Wheat bran, corn bran, whole-grain breads and cereals, vegetables, fruit skins, nuts

FIBER BOOSTERS

If you are looking for ways to increase the fiber in your diet, consider the following tips:

- Eat more whole-grain bread.
- Eat brown rice instead of white.
- Eat popcorn instead of potato.
- Choose whole fruits over juice.
- Snack on dried fruits and nuts.
- Eat fruits & vegetables with skin on.
- Plan a cooked vegetable and a salad with dinner.
- Substitute legumes (such as beans or peanuts/peanut butter) for meat twice a week.
- Choose a high-fiber cereal for breakfast or mix a high-fiber cereal with your favorite brand. Add some fruit.
- Use whole-grain flour.
- To avoid digestive problems, increase your Fiber intake slowly over several months.
- Drink lots of water to keep fiber moving through your body.
- Use fiber supplements only if instructed by your physician or a registered dietitian.
- If you are over 65 or have had gastrointestinal surgery, consult with your physician before adding fiber to your diet.

Key Aspects of the New Nutrition Label

A number of consumer studies conducted by the FDA, as well as outside groups, enabled FDA and the Food Safety and Inspection Service of the U.S. Department of Agriculture to agree on a new nutrition label. The new label is seen as offering the best opportunity to help consumers make informed food choices and to understand how a particular food fits into the total daily diet.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 1g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660 mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4% · Vitamin C 2%	
Calcium 15% · Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

New mandatory component helps consumers meet dietary guidelines recommending no more than 30 percent of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted depending on a person's calorie needs.

DIETARY GUIDELINES FOR AMERICANS

AIM FOR FITNESS...

- Aim for healthy weight.
- Be physically active each day.

BUILD A HEALTHY BASE...

- Let the pyramid guide your food choices.
- Choose variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
 - Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

...for your good health

The Warning Signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

DETERMINE YOUR NUTRITIONAL HEALTH

Read the statements below. Circle the yes column for those that apply to you or someone you know. For each yes answer, score the number in the box. Total your nutritional score.

	YES
I have an illness or condition that made me change the kind and/or amount of food eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables, or milk products	2
I have 3 or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook and/or feed myself.	2
TOTAL	

Total Your Nutritional Score. If it's —

- 0-2** **Good!** Recheck your nutritional score in 6 months.

- 3-5** **You are at moderate nutritional risk.**
See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

- 6 or more** **You are at high nutritional risk.** Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

These materials developed and distributed by the Nutrition Screening Initiative, a project of:

AMERICAN ACADEMY OF FAMILY PHYSICIANS

THE AMERICAN DIETETIC ASSOCIATION

NATIONAL COUNCIL ON THE AGING

Remember that warning signs suggest risk but do not represent diagnosis of any condition.



Sugar: Fact or Fiction

Answer True or False.

- ___1. A major problem with diets high in sugar is that the foods high in sugar replace more nutritious ones.
- ___2. Snacking on dried fruit is less harmful to the teeth than drinking a fruit drink.
- ___3. The average 12-ounce cola drink contains about 9 teaspoons of sugar.
- ___4. The total amount of added sugars Americans eat has gone down in recent years.
- ___5. People who eat a lot of sugar are almost always obese.

6. Foods made without sugar are lower in calories than their sugared counterparts.



Fast Food Facts

Circle the item that is highest in fat.

1. Hamburger OR Cheeseburger
2. Big Mac OR Whopper
3. Cheeseburger/medium fries OR Chicken Salad/Ranch Dressing
4. McDonald's Filet-O-Fish OR Burger King Fish
5. McDonald's Muffin OR Burger King 6 mini muffins

6. BK Broiler OR McChicken
7. Cheeseburger OR Chicken McNuggets
8. McDonald's shake OR Burger King carton of milk

ANSWERS

Sugar

1. That may be the case - though you may include sugar in a well-balanced healthy diet.
2. Not necessarily because of the stickiness of dried fruit to the tooth surface and potential decay.
3. True.
4. True.
5. No relation.
6. False. Often they are very similar - check the food label of each individual food.

Fast Food Facts

Foods on the right are actually higher in fat. This was done a few years ago, however, and some foods are no longer available. Check the nutrient values at the fast food restaurants for up-to-date values.

Did you know that . . .

Putting away food while still hot lowers the refrigerator temperature?

Of the top ten causes of death, four are associated with nutrition:

Cardiovascular disease, stroke, diabetes and cancer.

Older adults do not produce as much hydrochloric acid in their stomachs to fight off foodborne pathogens.

As persons age, they produce less saliva making swallowing more difficult.

Ideally, each meal will include food that is:

Tart or salty

Sweet

Crunchy

Smooth

Colorful

Hot

Cold

From each of the six food groups

The only bad food is "unsafe" food.



*Bon
Appétit!*

Acheson, D Long term consequences of foodborne disease. *Environmental Health*. 2000:00:29-33.

Educational Foundation of the National Restaurant Association. *ServSafe Coursebook*. Chicago, IL:National Restaurant Association. 1999.

FDA Food Code, current edition, may be purchased from the U.S. Department of Commerce, National Technical Information Service, via telephone: (703) 487-4650 or via e-mail address: orders~ntis.fedworld.gov.

Franco. D A, Williams, C.E. “Airs, Waters, Places” and other Hippocratic writings: Inference for control of foodborne and waterborne disease. *Environmental Health*, 2000: 00 9-14.

Hingley, M. focus on food safety: initiative call on government, industry and consumers to stop food-related illness. *FDA Consumer*. 1997;3 1(6): 8-11.

Kinner, 1. (1997) Managing Food Protection. Dietary Managers Association, 406 Surrey Wood Drive, St. Charles IL 60174

Loken, J. K. (1995) The HACCP Food Safety Manual. New York: John Wiley and Sons

Mead, PS, Slutsker, L, Dietz,V. et al. Food-related illness and death in the United States. *Environmental Health*. 2000: 00:9-18.

Thayer, D The truth about foodborne illness. *Food Management* 1999: 34(4):88-92.

PEOPLE AND PROGRAM RESOURCES

Michigan Department of Agriculture, Food and Dairy
Division,
Food Safety, 517/3739725

Michigan Department of Community Health, Community
Public
Health, Division of Chronic Disease and Injury Control,
Nutrition
Section, 517/335-8374

Michigan Department of Community Health, Community
Living,
Children and Families Administration, Women, Infants
&
Children Program, Consultation and Nutrition
Services Unit,
517/335-8956

County Cooperative Extension Service

Local Health Authority

Local Hospital Dietitians

Local community college and vocational training school
food service programs

Michigan State University Extension, Food, Nutrition and
Health Programs:

Specialist Carol Wruble, Information & Resource

MSU, 140 Trout Food Science Bldg.
East Lansing, MI 48824-1224
517/432-3788 • Fax 517/353-1633
E-mail: wrublec@msue.msu.edu

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U. S. Department of Agriculture/U. S. Food and Drug
Administration, Foodborne Illness Education
Information Center:

Cindy Roberts
USDA/FDA Foodbome Illness Education
Information Center
National Agricultural Library. USDA
10301 Baltimore Blvd., Room 304
Beltsville. MD 20705-2351
(301) 504-6365 Fax (301) 504-6409
E-mail: croberts@nal.usda.gov

Centers for Disease Control and Prevention of
Foodborne Illness Line (24 hour recorded
information)
(404) 3324597

Safe Food Backgrounder
National Live Stock and Meat Board
444 North Michigan Avenue
Chicago, IL 60611

Serving Safe Food
Educational Foundation of the National Restaurant
Association
250 South Wacker Drive, Suite 1400
Chicago, IL 60606

USDA (1996) Serving It Safe: A Manager's Tool Kit. Food
and Consumer Service, Nutrition and
Technical Services
3101 Park Center drive Room 607
Alexandria, VA 22302

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USDA Food Safety and Inspection Service
14(11 Street and Independence Ave., SW.
Washington, D. C. 20250





WEBSITES

National Food Safety Database

<http://www.foodsafety.ufl.edu/index.html>

Fight BAC Campaign

www.fightbac.org

The American Egg Board

www.aeb.org

USDA/FDA Foodborne Illness Education Information Center

www.nal.usda.gov/fnic/foodborne/foodborn.htm

FDA's Center for Food Safety and Applied Nutrition

www.cfsan.fda.gov/list.html

FDA's Food and Nutrition Information Center

www.nal.usda.gov/fnic/Fpyr/pyramid.html

USDA's Nutrition Program Information

www.reeusda.gov/1700/programs/nutrition.htm

Tufts University Nutrition Navigator, A Rating Guide to Nutrition Websites

<http://navigator.tufts.edu/about.html>

Meals For You (My Menus)

<http://www.mealsforyou.com/>

Ask The Dietician

www.dietician.com/

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Nutritional Analysis

www.dietsure.com

American Dietetic Association – Information and easy-to-read fact sheets offer timely and interesting topics on nutrition and food issues. Recipes, cooking, food safety, healthy eating and more.

www.eatright.org/nfs/>

Food Safety Homepage at Michigan State University contains a variety of information about food safety, from the implication of food additives to the correct ways to prepare and store food.

<http://foodsafe.fshn.msu.edu/main.html>

TRAINING-RELATED WEBSITES:

USDA Food and Nutrition Information Center, Online Food and Nutrition Education Programs for Adult Learners, Health Professionals, and Students.

<http://www.nal.usda.gov/fnic/pubs/bibs/edu/onlinecourse.html>

Michigan Partnership for Community Caring

<http://www.msue.msu.edu/msue/iac/elder/index.html>

